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AIMING FOR A DIFFERENT RECALL

DIRECTOR OF TOTAL RECALL UPDATE SAYS HIS MOVIE TAKES ARNOLD SCHWARZENEGGER'S ROLE IN A NEW DIRECTION PAGE 15

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DIVING DIVAS IN SYNC

Team Canada bronze medallists Emilie Heymans, left, and Jennifer Abel flash smiles as big as their medals on the podium after the women's synchronized three-metre springboard diving event at the London 2012 Olympic Games on Sunday. See story, page 26. MARTIN BUREAU/GETTY IMAGES

'Underground railroad' for banned dogs

Hundreds of dogs have been swept out of the province to avoid euthanasia or use as research dogs PAGE 3

'Patriotism' classes decried

Tens of thousands of protesters took to the streets in Hong Kong Sunday over China's new school curriculum PAGE 6

The good and the bad of Gotham city

From good cop Jim Gordon to the shadowy Ra's al Ghul, we break down the main heroes and villains of the Dark Knight trilogy PAGE 16

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Changing car culture

Peel Region sets cycling target

An ambitious program in Peel Region aims to boost the number of daily bike trips by 46,000 rides in five years.

Peel cyclists will use GPS to track rides. TORSTAR NEWS SERVICE

In 2006, there were 2.3 million total daily trips made by Peel residents. Five per cent, or 115,000, of those trips were either cycling or walking trips — the rest were made in vehicles. And while for years building bike lanes was seen as the right thing to do, traffic congestion and intensification are driving the change.

"We need to change people's behaviour," said Wayne Chan, Peel's manager of transportation planning.

On Wednesday the region handed out the first of 250 GPS units to cyclists across the region. The routes they take, when they use them, the speed they travel and how frequently they ride will help Chan and his staff try and achieve their five-year goal.

Over the next 20 years, the region plans to build 480 kilometres of bike paths and lanes in addition to the 600 to 700 kilometres planned by the City of Mississauga. TORSTAR NEWS SERVICE

Charity swim

Lake swimmer quits crossing

A 42-year-old aviation instructor abandoned his dream of swimming across Lake Ontario early Sunday after injuring his left shoulder.

Francois Hamel, with the Canadian Forces School of Aerospace Technology and Engineering, pulled out of the water at about 3:35 a.m. He swam 22 kilometres in almost nine hours but stopped when he could not lift his left arm out of the water to complete each stroke.

"He is doing fine," said Katherine Czok. "He feels he made the right decision. Had he gone longer he could have seriously injured himself."

Czok works with the Juvenile Diabetes Research Foundation. Hamel had dedicated his swim to the cause. She said Hamel, a Quebec native, was disappointed he did not finish but was happy he surpassed his goal. He raised $12,000. TORSTAR NEWS SERVICE

Council could vote to change mayoral election system

Ranked Ballot Initiative. New election method would see multiple rounds of voting until one candidate has a majority

Toronto could get a different election system starting in 2018.

At the request of Mayor Rob Ford's executive committee and city council's government management committee, elections officials are studying a proposal to switch to a ranked ballot system like the one used for mayoral elections in London, England. Coun. Paul Ainslie, the government management chair and a Ford ally, said he plans to bring the proposal to council for a vote in November.

The group that has spearheaded the push for ranked ballots, the Ranked Ballot Initiative of Toronto (RaBIT), says 18 of the 45 council members have endorsed the idea. While an endorsement-in-principle does not mean a committed vote, a 23-vote majority appears well within reach, Ainslie said.

The ranked ballot system typically works as follows: Instead of choosing a single candidate, as they do now, voters are free to rank candidates in their order of preference. If a candidate gets a majority of first-place votes — more than 50 per cent — the election is over.

Dave Meslin TORSTAR NEWS SERVICE

But if no candidate gets a majority of first-place votes — say, if the most popular candidate has 35 per cent — the least popular candidate is eliminated, and the second-place votes of that candidate's supporters are added to the totals of the candidates who remain. This process of elimination and addition, known as an instant runoff, continues until someone has a majority.

Deal breaker?

- One of the system's most significant drawback could be that it is more complicated than the current system. The Ranked Ballot Initiative might prove harder for some voters to understand than the one-X system they are used to. In a 2007 referendum in which Ontarians were asked to pick between the status quo and a form of proportional representation, 63 per cent picked the status quo.

At present, a widely disliked councillor can be re-elected with the support of even one-quarter of the vote because several lesser-known challengers split the opposition vote. The ranked ballot would ensure the victor is truly the pick of the people while also weakening the powerful advantage enjoyed by municipal incumbents.

If passed by council, the Ranked Ballot Initiative would need provincial approval. But RaBIT's Dave Meslin says municipal affairs minister Kathleen Wynne has told him she does not believe the province should stand in the city's way if council votes in favour.

Canada's political parties use a similar system — multiple rounds of voting until one candidate has a majority — to elect their leaders.

"It's quite interesting that political parties themselves decide that in order to have a strong, compelling and legitimate democratic mandate, the person who leads their party has to have the support of at least a majority of the voting members," said Ryerson University politics professor Myer Siemiatycki. "If that's good enough at the leadership selection level, I think it should also prevail at the public elected candidate level."

Siemiatycki believes the ranked ballot could improve turnout.

But some councillors are not convinced. Ward 10 newcomer James Pasternak, a centrist on council, beat 11 competitors to win a vacant seat with only 19 per cent of the vote.

"What we don't want to turn municipal elections into is multiple-guess," Pasternak said. "Why would we introduce an electoral reform that adds confusion, adds cost, and could put downward pressures on turnout?" TORSTAR NEWS SERVICE

Ontario's pit-bull underground railroad

Seven pit-bull puppies that were under a death sentence from an Ontario branch of Animal Control Services have resurfaced in Halifax, the result of a clandestine rescue that has drawn attention to a canine "underground railroad."

"They were six weeks old," said Emily Ugarenko, co-founder of Ador-a-bull, a volunteer group that rescues pit bulls. "They hadn't done anything wrong. They were just born and of a certain colour with little short ears and possibly their mom was more bull-and-terrier than boxer."

Ontario's Dog Owner's Liability Act, passed in 2005, prohibits ownership of pit bulls, Staffordshire bull terriers, American Staffordshire terriers and American pit bull terriers.

But the law remains controversial, and a network of volunteers has arisen to save dogs from being killed or used for research if they are seized and determined to be one of the restricted breeds.

The rescues are legal, Ugarenko says, but they are dependant on the co-operation of local animal control services or shelters — which means Ador-a-bull volunteers sometimes will carry out a "sting operation" like the case of the seven "pirate puppies" taken to Halifax.

Fran Coughlin of Etobicoke plays with her bull-mix dog, Che. The realtor-turned-advocate has called for repeal of the law banning pit bulls in Ontario. TARA WALTON/TORSTAR NEWS SERVICE

Ugarenko says her group chooses only dogs that pass a rigorous temperament assessment and have no history of aggression. Ador-a-bull has saved more than 300 dogs this way since 2005, driving or flying the animals out of Ontario to Halifax on donations.

The Ontario Veterinary Medical Association, the American Veterinary Medical Association, the OSPCA and the Toronto Humane Society have publicly opposed the ban as a means of reducing dog aggression.

NDP MPP Cheri diNovo (Parkdale-High Park), one of the co-sponsors of the law, says rescinding the ban can only be done by "substituting it with tighter legislation," that will improve public safety. TORSTAR NEWS SERVICE

1 NEWS

On the web

What will they think of next? A Taiwanese animation studio has created an unconventional video about U.S. restaurant Chick-fil-A's anti-gay views. Scan the code to see the video.

A pair of artist's renderings shows the Kingston-Galloway area of Scarborough before and after a boost in transit infrastructure. The renderings are part of the Reconnect the Disconnect exhibit at MOVE: The Transportation Expo, which is being held at the Brick Works in Toronto. COURTESY OF MOVE

Better transit would improve livability of Kingston-Galloway, exhibit suggests

Connectivity. Local stakeholders believe a community bus running frequently throughout the day is the 'best first step'

MELISSA REBER
toronto@metronews.ca

After the horrific shooting in Scarborough's Kingston-Galloway neighbourhood earlier this month, there have been calls from all sectors to combat violence and improve livability in that area.

The team behind the Reconnect the Disconnect exhibit at Move: The Transportation Expo, which can be seen at the Brick Works in Toronto, suggests that improved transit accessibility means a higher quality of life.

"Improved transportation would provide greater connectivity and improved access to amenities, employment, education and services," said Arlene Etchen, the exhibit team facilitator.

The team met with stakeholders and the East Scarborough Storefront, a community-development organization, to discuss what needed to be done. "(They) felt strongly that a community bus that ran frequently throughout the day is the best first step," said Etchen.

Along with improved transit, the team also suggested other initiatives like removing obstacles and fences, improving lighting in public spaces and conditions of sidewalks, establishing bike lanes and reconfiguring some streets to improve walkability.

Kristin Demasi, team expert for the exhibit, says it is important to connect service providers to the people who rely on them.

"Regeneration and changing land uses within a community can really become a catalyst for longer term investment in larger scale transit infrastructure," said Demasi.

Lack of transit

- A report published by the Martin Prosperity Institute in February highlighted the fact that almost all of Toronto's priority neighbourhoods (those with excessive crime and poverty) are under-served when it comes to transit.

Police cruiser

SIU investigates pedestrian death

Ontario's Special Investigations Unit continues to probe the death of a pedestrian who was killed after being hit by a police cruiser in northwest Toronto.

The SIU says the cruiser was part of an escort for a funeral procession when a woman was struck Saturday afternoon near the Woodbine Mall at Highway 27 and Rexdale Boulevard.

The agency is now identifying the woman as 64-year-old Satyawatti (Janet) Katryan.

The SIU says six investigators, a collision reconstruction expert and three forensic investigators are looking into the incident.

The agency investigates incidents involving police where there has been a death, serious injury or allegations of sexual assault.

THE CANADIAN PRESS

Underground art. Curator has designs on commuters

Transit plans in this city may suffer constant delay but public art projects for commuters are rapidly gaining momentum.

Perhaps you saw Confessions Underground, a series of short videos where Torontonians revealed their deepest secrets ("I love my cat more than my boyfriend") that ran on the subway platform screens earlier this month.

Maybe you tweeted in the Toronto Public Library's underground book club that hit the platform screens in April, or submitted snaps to the "We're in this together" photography exhibit.

The woman driving the flurry of exhibits is Sharon Switzer, arts programmer for Pattison Onestop, the advertising space company that owns and operates the screens in the TTC.

Switzer is running 13 projects this year on the TTC screens.

Sharon Switzer CONTRIBUTED

The coming months will see a visualization of transit traffic, an exhibit for World Mental Health Day and a look at climate change.

In 2013, Switzer is finally launching a pet project of hers: A serialized murder mystery directed by John Greyson that will run in daily 30-second installments for two months.

TORSTAR NEWS SERVICE

Flipping out: TTC brings books to platform screens

Quoted

"We really gravitated to the (flip books) that were hand done — artists that weren't using computer renderings, or animation." Claire Sykes of Circuit Gallery

It started simply enough, Claire Sykes explains. Her business partner at Toronto's Circuit Gallery, Susana Reisman, had gone to Beirut to work on a children's book and had come back with an interest-piquing boxed set of slim, illustrated volumes.

"They were flip books, focusing on different neighbourhoods in the city," Sykes explains. "We just thought right away, 'Could we do that here?'"

The answer, it turned out, was yes. And on Saturday, commuters on Toronto subways will see the results: Eight flip books crafted by eight Toronto artists, displayed on the video screens of subway platforms as part of the ongoing Art for Commuters project.

The essence of Sykes' question — is there anyone here who can actually make these things? — was a good one. In a world where high-definition digital animation rules, to call flip books a quaint-seeming anachronism seems generous, in the mainstream, at least.

Alongside a resurgence in the art world of the handmade, flip books have had a sub-cultural renaissance. So when Sykes put out an open call last year, a surprising number of submissions, 32 in all, came back. The parameters were clear: 60 pages that, when flipped, would last 30 seconds. No sound, no text. The biggest requirement, Sykes said, was "that you had to actually be able to do this," she laughs. "The images had to tell the story."

Culling through submissions, a priority emerged. "We really gravitated to the ones that were hand done — artists that weren't using computer renderings, or animation," she said. Place mattered. "It had to be about a neighbourhood in Toronto, not a general idea about the city."

TORSTAR NEWS SERVICE

Flip books

- Flip books are a series of images printed on sequential pages that the viewer flips through, as quickly as possible, to produce the illusion of motion.

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Thousands in Hong Kong protest Chinese 'patriotism' classes

Growing discontent. Police estimate 32,000 people turned out for Sunday's protest against a curriculum they see as brainwashing

Tens of thousands of people, including teachers and parents pushing strollers, took to Hong Kong streets Sunday to protest the upcoming introduction of Chinese patriotism classes they fear will lead to brainwashing, the latest sign of growing discomfort over Beijing's influence in the semi-autonomous territory.

Students and pro-democracy activists were among those who marched to the Hong Kong government's headquarters to protest the new curriculum, which authorities are encouraging schools to begin using when classes resume in September.

They fear the classes will be used to brainwash children into supporting China's Communist Party. The government has denied that and says they are aimed at building Chinese national pride.

The controversy flared up after reports emerged that pro-Beijing groups published a booklet for use in classes that extolled the virtues of one-party rule.

The protest is the latest sign of growing discontent in Hong Kong over mainland China's increasing influence 15 years after it was returned to China by Britain. THE ASSOCIATED PRESS

Curriculum

According to the new curriculum's guidelines, students will learn about China's political leaders and the contributions they have made.

- They will also learn how to "speak cautiously," practice self-discipline and get along well with others in a rational and respectful manner.

A protester holds a placard during a march in downtown Hong Kong Sunday, to protest the upcoming introduction in schools of Chinese patriotism classes that they fear will lead to brainwashing. VINCENT YU/THE ASSOCIATED PRESS

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Syrian regime and rebels fight for control of Aleppo

Syria. Opposition calls for international support, regime blames Muslim countries for destruction

Dire conditions

"There's shelling night and day, every day."

Syrian writer who wished to remain anonymous

Syrian tanks and artillery pounded rebel-held neighbourhoods in the commercial hub of Aleppo on Sunday in a bid to retake control as President Bashar Assad's regime accused regional powerhouses Saudi Arabia, Qatar and Turkey of trying to destroy the country.

Activists say opposition fighters control large swathes of territory across Syria's largest city. The government has been struggling for a week to beat back their assault and stem the tide of recent rebel advances in the civil war.

The head of the main opposition group, the Syrian National Council, called for international help in arming the rebels to face the regime's heavy weaponry, particularly tanks.

"If the international community cannot act, they should support the opposition with anti-tanks missiles and anti-aircraft rockets," Abdel Basset Sida told the Gulf News during a stopover in Abu Dhabi. "We seek international supporters to arm our uprising against the regime."

Saudi Arabia and Qatar have expressed willingness to help fund the rebels and they are believed to be funneling money through Turkey to the opposition, which is using it to purchase arms and equipment.

Syrian Foreign Minister Walid al-Moallem railed against interference by the region's Sunni powers in a rare public criticism of his Middle East neighbours. He accused them of supporting the rebels at the behest of Israel.

"Israel is the mastermind of all in this crisis," he said during a joint news conference in Tehran with his Iranian counterpart.

A Jordanian worker walks in the first Jordanian tent camp for Syrian refugees fleeing violence in their country in Zataari, Jordan, near the Syrian border, Sunday. There are at least 142,000 Syrians seeking refuge and their numbers are growing daily by up to 2,000. MOHAMMAD HANNON/THE ASSOCIATED PRESS

Syria's Sunni majority forms the backbone of the uprising while the regime is dominated by Assad's minority Alawite sect, an offshoot of Shiite Islam. Iran is Syria's only remaining ally in the Middle East, standing by Damascus throughout the 17-month uprising.

Amid fears of a massacre or a bloody final battle in Aleppo, civilians have been fleeing the city in ever greater numbers.

"Life in Aleppo has become unbearable. I'm in my car and I'm leaving right now," said a Syrian writer as he got ready to drive away.

Since the rebel assault on Aleppo began a week ago, about 192 people have been killed, mostly civilians, according to the activist group Syrian Observatory for Human Rights.

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Romney woos Israel with tough talk

Jerusalem. Republican's speech draws standing ovation from audience

Standing on Israeli soil, U.S. presidential candidate Mitt Romney on Sunday declared Jerusalem to be the capital of the Jewish state and said the United States has "a solemn duty and a moral imperative" to block Iran from achieving nuclear weapons capability.

"Make no mistake, the ayatollahs in Iran are testing our moral defences. They want to know who will object and who will look the other way," he said. "We will not look away nor will our country ever look away from our passion and commitment to Israel."

The presidential election hovered over the speech. The Old City formed a made-for-television backdrop behind Romney, while some of his campaign donors listened in the audience.

Romney's declaration that Jerusalem is Israel's capital was matter-of-fact and in keeping with claims made by Israeli governments for decades, even though the United States, like other nations, maintains its embassy in Tel Aviv.

U.S. Republican presidential candidate Mitt Romney places a note between the stones of the Western Wall in Jerusalem on Sunday. DAN BALILTY/THE ASSOCIATED PRESS

He did not say if he would order the embassy moved if he wins the White House, but strongly suggested so in a CNN interview.

"My understanding is the policy of our nation has been a desire to move our embassy ultimately to the capital (Jerusalem)," he said, adding, "I would only want to do so and to select the timing in accordance with the government of Israel."

Romney's embrace of Israel was on display throughout the day when he met with Prime Minister Benjamin Netanyahu and other leaders. He also visited the Western Wall, Judaism's holiest site, where he was mobbed by worshippers. In addition, Romney met with Palestinian Prime Minister Salam Fayyad.

In his remarks, Romney steered clear of overt criticism of U.S. President Barack Obama, even though he said the threat of a nuclear-armed Iran "has only become worse" in the past five years.

Israel is the second of three stops on an international trip for Romney in the weeks before he claims the Republican nomination at his party's national convention in Tampa, Fla. THE ASSOCIATED PRESS

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One of the ways insurance companies try to keep customers around is by offering perks to loyal customers. Often insurance customers believe that by looking for a new insurance policy they will wind up paying more since they'll have to forfeit any loyalty discounts and perks they have earned. In many cases, however, a lower rate with another insurance company could save you money because the rate difference offsets any earned loyalty rewards from your current company. There is no risk to taking some time to shop around and get insurance quotes. And your current insurer will not know that you are looking, unless you tell them. Comparing car insurance quotes will give you a better idea of how your current rate stacks up in comparison with what is available at another company.

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Grass is greener on neighbour's painted lawn

Joseph Perazzo, owner of New York's Grass is Greener Lawn Painting company, works on a lawn in Irvington, N.J. With a drought spanning about two-thirds of the United States, some residents and businesses in normally well-watered areas are taking a page from the lawn-painting practices employed for years in the West and South to give lustre to faded turf. Perazzo charges 15 cents per square foot to spray on a non-toxic, environmentally friendly turf dye that he says is commonly used on golf courses and athletic fields to give them a lusher appearance. THE ASSOCIATED PRESS

Apple takes on Samsung in U.S. court

Pending. $2.5-billion US lawsuit over patents for iPhones, iPads

Two tech titans will square off in U.S. federal court Monday in a closely watched trial over control of the U.S. smartphone and computer-tablet markets.

Apple Inc. filed a lawsuit against South Korea's Samsung Electronics Co. last year, alleging the world's largest technology company's smartphones and computer tablets are illegal knockoffs of its popular iPhone and iPad products.

The Cupertino, Calif.-based company is demanding $2.5 billion US in damages, an award that would dwarf the largest patent-related verdict to date.

Samsung counters that Apple is doing the stealing and that some of the technology at issue — such as the rounded rectangular designs of smartphones and tablets — have been industry standards for years.

U.S. District Court Judge Lucy Koh in San Jose last month ordered Samsung to pull its Galaxy 10.1 computer tablet from the U.S. market pending the outcome of the trial.

The case is one of some 50 lawsuits among myriad telecommunications companies jockeying for position in the burgeoning $219-billion market for smartphones and computer tablets.

THE ASSOCIATED PRESS

Right of sale

"In some sense the big part of the case is not Apple's demands for damages but whether Samsung gets to sell its products."

Mark A. Lemley, a Stanford Law School professor

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HOW A 14-YEAR-OLD HELPED BRING DOWN ROB FORD

URBAN COMPASS
Matt Elliott
toronto@metronews.ca

A year ago, a teenage girl went to city hall in the dead of night to take on Mayor Rob Ford. Along with 168 others who came to speak to the mayor and his executive committee as part of a landmark 22-hour meeting on proposed service cuts, she permanently changed the tone of municipal politics in Toronto — and made for a really bad night for Rob Ford.

"I'm not a director, I'm no president, I'm just a 14-year-old from Scarborough," started Anika Tabovaradan, her voice shaking as she talked about Woodside Square library. As part of Ford's Core Service Review budget process, her library branch — and other programs and services — had been threatened with deep cutbacks.

Known to let his ratings...

A year later, the impact of that July 28 meeting is still being felt. Ford, elected in a landslide only months earlier, saw his approval rating drop sharply.

Between sobs, Anika pleaded with the mayor to maintain service at libraries across the city. "I'm no taxpayer," she said, "but when I get to use the computers in the library and do my homework, I'll be able to get a good job ... and when the day comes to pay taxes, I'll be glad that you supported people paying the extra taxes to keep the system going."

When she finished, the crowd in the meeting room erupted with applause.

The meeting wasn't supposed to go this way. Going in, the mayor's office charted a strategy under the assumption that the people signed up to speak would be the usual suspects: union leaders and downtown social activists. By letting the meeting extend late, the theory was that most in attendance would give up and go home.

But that didn't happen. As Ford chugged energy drinks, a lot of people stuck around to speak for their five minutes. In addition to Anika's 2 a.m. plea, the mayor heard from business owners, entrepreneurs, seniors, parents and an assortment of average people from all parts of Toronto. Only three speakers expressed any support for cuts to city services.

A year later, the impact of that July 28 meeting is still being felt. Ford, elected in a landslide only months earlier, saw his approval rating drop sharply. To save face, the mayor's office quickly backed away from the idea of closing library branches altogether. Later, as opposition grew, Ford took even more proposed cuts off the table.

And Toronto City Council, seemingly emboldened by the message received from constituents, has since led a charge against Ford's major attempts to implement service cuts and austerity measures.

A lot has happened in the last year to derail this mayoral administration, but the origins of Ford's political misfortune trace back to that fateful night — and the 14-year-old girl who looked the mayor in the eye and so bravely spoke.

Anika Tabovaradan makes a tearful plea to keep her library open to Toronto City Council at 2 a.m. in this July 2011 file photo. CCTV SCREEN GRAB/TORSTAR NEWS SERVICE

Painting the town ... pink?

GERO BRELOER/THE ASSOCIATED PRESS

Purple haze

World is a canvas during Holi Festival

A woman dances and throws coloured powder into the air during the Holi Festival in Berlin on Sunday.

The original Holi, also known as the festival of colours, is celebrated in India and other Hindu countries. The purpose is to recognize the joy and happiness that comes about when people get together.

A few thousand people celebrated this event with Indian DJs, acrobatics and dance in the German capital. THE ASSOCIATED PRESS

These women look like they are DTS — down to shower, that is — after getting covered in coloured powder during the Holi Festival in Berlin on Sunday. GERO BRELOER/THE ASSOCIATED PRESS

Celebration time

All the colours under the sun — in Russia

Meanwhile, in St. Petersburg, Russia, over the weekend, the Holi celebrations finally arrived.

The festival of colours was delayed at first because boxes of coloured powder were stopped at customs, according to a Russian news report.

The news agency, rt.com, says the brightly coloured spectacle could become an annual event in Russia, citing a festival organizer.

The country is known to welcome anything out-of-the-ordinary. METRO

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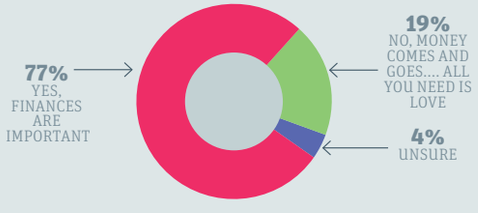

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@davepassmore: First medal for Canada! Congrats @JennAbel91 & @eheymans with a bronze in 3m synchro! Cheer on these amazing divers! #GiveYourEverything

@callmekelell: Keep your ignorance away from caribana

@kateplummer: It a duel in the pool! Go @teravb #giveyoureverything!!!!!

@gleefulreader: So... Who's watching the Olympics? Diving this morning was awesome but sad about Clara Hughes in the road race :(

@borgore100: I love living here #Toronto

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Jessica Biel, left, and Colin Farrell star in Columbia Pictures' action thriller Total Recall. MICHAEL GIBSON

An Arnold-free Total Recall

New movie. The director discusses updating the Schwarzenegger hit — and reteaming with wife Kate Beckinsale.

NED EHRBAR
Metro World News

Director Len Wiseman has been working for quite some time on a remake of the 1990 Arnold Schwarzenegger vehicle Total Recall, based on a short story by Philip K. Dick. Of course, getting out from the shadow of a Schwarzenegger hit is no small feat, but Wiseman was up for the challenge. He sat down with Metro at San Diego Comic-Con to talk about his film's all-star cast — including his wife, Kate Beckinsale.

You've been at this production for a while.
It's been two and a half years.

Your wife and star, Kate Beckinsale, has said that living with you has proven that the director gets absolutely no time off.
She's very aware of it. It's one of the downsides. She sees how limited my time actually is, so I've often heard her say that from an actor's point of view, you want to be a little bit more selfish with your own questions and things, but if anything because we're married I find that she doesn't come to me as much as she generally would with another director because generally she feels for how incredibly overwhelmed I am with other things.

So, who would win in a fight between Jessica Biel and Kate Beckinsale?
It's a question that I can't ask. (laughs) To be really honest, if you knew these girls personally, they're very well-equipped with the action, just in terms of ability. And they're both quite vicious when they get into it. It was like having two stunt players on the movie, so we rarely brought a stunt person in for the fight stuff. I don't know who would win. I would really like to see it (laughs). If we just hold some kind of forum, I think it would do very well.

How do you decide which project will take over your life next?
I personally think you have to really, really fall in love with them. The best litmus for me is would I be upset if I passed on this and somebody else did it? I don't think you can go into any project that you feel a little bit iffy about because the minute that you do that — and I have done that before on a project — the amount that it asks of you is so great that you'll just start to break under how overwhelming it is. It's amazing how much adrenaline and passion can keep you awake, keep you going on a project.

In the original Philip K. Dick story, the main character is more of an everyman, something Arnold Schwarzenegger couldn't really pull off.
That was really a focus of what I wanted to do with the character. At least for me, when I saw Total Recall in high school, I was going to go see an Arnold Schwarzenegger movie. I didn't know who Phillip K. Dick was. Arnold is already a superhuman-looking character from the beginning, so I was really wanting to create a character that felt a bit more accessible just as an everyman that turned into a super-spy so that you could have more of that change.

Of course, Colin Farrell is by no means schlubby, though.
No, no. But he was very thin, though. He definitely got himself ripped and in shape for the super-spy aspect of the character. He was a great get because I needed somebody that was vulnerable and somebody that you connect with — but then when it became time to be that superhero kind of character and be tough and daring and all that, that you really bought that with the character, too. I think Colin really does occupy both of those qualities.

Jessica Biel

The actress says that before Justin Timberlake proposed, she didn't expect to ever get married.

- **Engaged.** The 30-year-old actress told The Associated Press on Friday that she feels wonderful about the engagement. Biel and Timberlake, 31, reportedly became engaged late last year but rarely speak publicly about their relationship. Biel called the engagement "wonderful. It's actually not anything I ever really thought was going to happen."

Romeo and Juliet re-imagined

Comics legend Stan Lee, of Spider-Man fame, together with Paris Kasidokostas and Terry Dougas recently received the Guinness Book of World Records Prize for the largest graphic novel in the world, in a charity gala in Los Angeles organized by the John Wayne Cancer Foundation.

Romeo and Juliet: The War is a sci-fi graphic novel that recounts the story of two superhuman groups of soldiers, who will convert the Verona Empire to the most powerful on Earth.

The Montegues and the Kapulets work peacefully with each other for the destruction of all the threats against Verona. When there is no one else to fight, they turn against each other. Then Romeo, a young Montegue, falls in love with Juliet, a Kapulet girl, and they plan to marry in secret.

But powers beyond their control start to conspire against them, threatening their love and life and the empire of Verona.

The comic was produced by 1821 Comics and Lee's POW! Entertainment.

Lee, Kasidokostas and Dougas were working on the story Superchick for MTV before they came up with the re-telling of Romeo and Juliet.

"We wanted to follow the Shakespeare story, but we transposed it in a comics book, larger than usual, with 155 pages. Our aim was to satisfy the audience in their anticipation of what they were going to read, but we also wanted to create a work of art, that people will hold on to. It was very beautiful, seeing day by day, the creation of all those images. All that we had dreamed of in the two previous years, was getting flesh and blood in the best possible way," Dougas said.

METRO WORLD NEWS

Stan Lee. GETTY IMAGES

SCENE2

On the web

CBC-TV launches open casting for its next food star

Good vs. evil in the Dark Knight

Spoiler alert. Confused on who's who in the Dark Knight Trilogy? Here's the main heroes and villains that you'll need to know

MICHELLE CASTILLO
Metro World News

Bane, played by Tom Hardy, left, faces off with Batman, played by Christian Bale, in the Dark Knight Rises. WARNER BROTHERS

Villains

Henri Ducard/Ra's al Ghul: (Liam Neeson in Batman Begins, The Dark Knight Rises): A member of the League of Shadows who takes Bruce Wayne in and trains him in their ninja ways, later revealing himself to be the head of the organization

Dr. Jonathan Crane/The Scarecrow: (Cillian Murphy in Batman Begins, The Dark Knight, The Dark Knight Rises): A deranged psychologist who takes pleasure in mentally torturing his patients and is later seen handing down judgment in a kangaroo court for the wealthy and privileged after anarchy erupts in Gotham.

Marion Cotillard as Miranda Tate a.k.a Talia al Ghul. WARNER BROTHERS

Joker: (Heath Ledger in The Dark Knight): A pure agent of chaos who proves himself to be Batman's greatest foe because of his lack of rational motive.

Harvey Dent/Two-Face: (Aaron Eckhart in The Dark Knight): A nasty accident with gasoline and the senseless killing of his fiancé Rachel Dawes turned Gotham's "White Knight" into a revenge-seeking murderer.

Miranda Tate/Talia al Ghul: (Marion Cotillard in The Dar Knight Rises): Tate seems to be one of Bruce Wayne's supporters who helps him manage Wayne Enterprises after all goes wrong, but she later reveals herself to be Ra's al Ghul daughter.

Bane: (Tom Hardy in The Dark Knight Rises): Brute strength trained by the League of Shadows, he's not only Gotham's reckoning, but the man who broke the Bat.

Carmine Falcone: (Tom Wilkinson in Batman Begins): The head of Gotham's crime syndicate who makes the mistake of partnering with Dr. Crane.

Heroes

Bruce Wayne/Batman: (Christian Bale in Batman Begins, The Dark Knight, The Dark Knight Rises): A billionaire playboy turned crime-fighting vigilante.

Alfred Pennyworth: (Michael Caine in Batman Begins, The Dark Knight, The Dark Knight Rises): Wayne's loyal butler and Batman's most trusted confidant.

Lucius Fox: (Morgan Freeman in Batman Begins, The Dark Knight, The Dark Knight Rises): The CEO of Wayne Enterprises and the man who gives Batman all of his high-tech gear.

Rachel Dawes: (Katie Holmes in Batman Begins, Maggie Gyllenhaal in The Dark Knight): Bruce Wayne's first love who couldn't love him back while he was the caped crusader.

Detective/Lt./Commissioner Jim Gordon: (Gary Oldman in Batman Begins, The Dark Knight, The Dark Knight Rises): Batman's loyal ally in the police force.

John Blake: (Joseph Gordon-Levitt in The Dark Knight Rises): A police officer-turned-detective that helps save Gotham while Batman is indisposed, Blake – first name Robin – is given the coordinates to the Batcave, and presumably Batman's legacy.

Joseph Gordon-Levitt as officer John Blake. WARNER BROTHERS

Selina Kyle/Catwoman: (Anne Hathaway in The Dark Knight Rises): A cat-like burglar who, despite her seemingly crooked ways, steals Batman's heart.

Thomas Wayne and Martha Wayne: (Linus Roache and Sara Stewart in Batman Begins): Bruce Wayne's parents, who were brutally murdered in front of him.

Box office

- The Dark Knight Rises stayed atop the box office for the second straight weekend, making just over $64 million. But it's lagging behind the numbers of its predecessor.
- The trilogy has now grossed more than $289 million in its first 10 days in theatres.

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Hip-hop. Snoop Dogg talks 20th anniversary of debut Doggystyle album

In the past few months rapper and music mogul Snoop Dogg has participated in a landmark live concert performance with his dead friend, released Ladies First, a mixtape of artists he's working with, and just this week released a single from his upcoming reggae album. So when tha Doggfather asked if he could do an interview via e-mail, we accepted. We made only slight punctuation tweaks to his answers.

Rapper Snoop Dogg. GETTY

Doggystyle will turn 20 next year ... tell me about any anniversary plans you have to commemorate the release.
I got sumthin on tha back burner but u gotta stay tuned in to see what that is. Be on da lookout for sumthin real special to keep ya knockin for anutha 20, ya dig?!?

Does it feel like that really was 20 years ago?
Time flies when u got a schedule and stay busy like myself. I stay ready so I ain't gotta get ready.

Speaking of a lasting legacy, your daughter has entered the music business. How do you keep her safe from the darker sides of the biz?
It's a learning process each day that we are both going through. Less bulls — the better.

What kind of advice do you give her, and how is it different from the advice that you'd give any up and comer?
To stay true to herself and to never give up. She's gonna be a superstar.

Let's talk a little about your virtual 2Pac performance at Coachella. Do you think that this sort of technology is the future of concerts?
I really can't tell you. But the most important thing is Dr. Dre and Snoop Dogg did it first.

PAT HEALY/ METRO WORLD NEWS

Charlie Sheen basks in new spotlight

Second chance. No longer 'insane' actor hoping to welcome his father to cast of popular comedy series Anger Management

AMBER RAY
Metro World News

For the first time since his return to television in Anger Management, Charlie Sheen addressed journalists gathered at the Television Critics Association press tour in Beverly Hills, Calif., on Saturday.

Joined by a number of costars, including Selma Blair, and series creator Bruce Helford, Sheen appeared relatively relaxed — or at least weekend-casual, wearing plaid shorts and no socks — to address the critics who had scrutinized his meltdown post-Two and a Half Men firing.

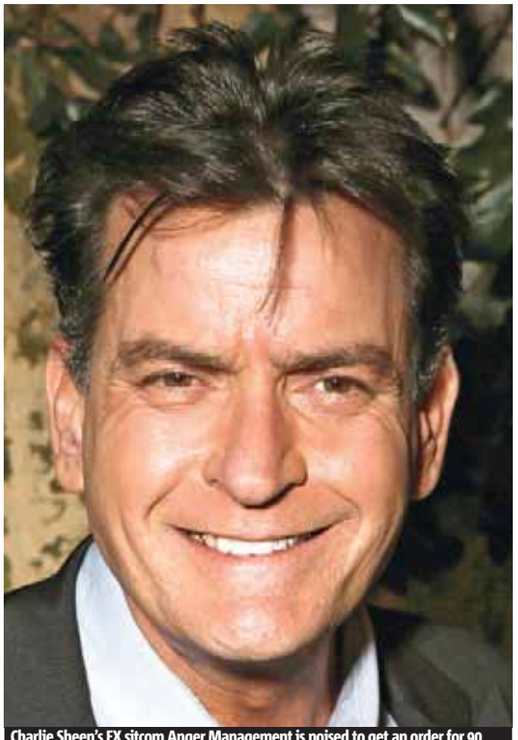
"It was a crazy time, and it was sort of like a dream I couldn't wake up from or some runaway train I couldn't get off of, but I was the conductor," Sheen said when asked to comment on the year he lived on tiger blood and launched the My Violent Torpedo of Truth/ Defeat is Not An Option tour.

Sheen described his breakdown as "something that could never happen again, so that was pretty cool." Sticking to the talking points of his redemption story, he added, "I learned a lot. I learned that you stick to what you know. Don't go on the road with a one-man show in 33 days in 21 cities with no act. My life's different now that I'm not insane anymore."

FX is banking on the actor being more accountable. Anger Management is poised to receive a 90-episode pickup if its initial run of 10 episodes perform well — so far, the network is pleased with the ratings. (The show launched on June 28 to the highest series premiere ratings in cable history for a scripted comedy.)

Sheen called that prospect "exciting as hell" and added that he doesn't "think 90 is gonna be enough" episodes to tell the story of Charlie Goodson, his former ballplayer with anger issues-turned-therapist.

The pickup would also herald the addition of Martin Sheen, Charlie's father, to the cast as a series regular.


Charlie Sheen's FX sitcom Anger Management is poised to get an order for 90 more episodes. TODD WILLIAMSON/ENVISION/THE ASSOCIATED PRESS FILE

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Dancers Bristol Palin and Melissa Rycroft speak at a Dancing with the Stars: All-Stars panel. FREDERICK M. BROWN/GETTY

15th Dancing with the Stars cast revealed

Encore performances. Bristol Palin clashes with journalists, 13th contestant spot still up for grabs

AMBER RAY
Metro World News

The all-star cast for the 15th season of Dancing with the Stars was announced at the Television Critics Association press tour in Beverly Hills, Calif., on Friday, with Bristol Palin — who managed to deliver controversial sound bites before even putting her dancing shoes back on — among the returning contestants.

Also making an encore performance on the dancing competition are Kirstie Alley, Helio Castroneves, Drew Lachey, Gilles Marini, Kelly Monaco, Melissa Rycroft, Pamela Anderson, Joey Fatone, Shawn Johnson, Apolo Anton Ohno and Emmitt Smith. The 13th contestant will be selected by viewers, with Sabrina Bryan, Carson Kressley and Kyle Massey vying for the last spot in an online campaign that is currently open at abc.com.

Executive producer Conrad Green said this cast represents the "crème de la crème" of the reality show's last 14 seasons.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Kate Middleton

Royal baby still just rumour

A British Member of Parliament has suggested that Kate Middleton is pregnant, but it looks like nothing more than a case of wishful thinking.

"I think Kate Middleton is pregnant — and that would be good for the economy, MP Clair Perry said during an address at a school Friday, according to the Daily Mail.

But the Duchess of Cambridge herself doesn't seem to have gotten the news, as Middleton was spotted the same day looking slim and sipping wine at an Olympics reception.

Rihanna and Chris Brown

Rihanna, Chris Brown's secret yacht meet-up

Rihanna and Chris Brown have reportedly been keeping their clandestine meet-ups going while on vacation, according to Us Weekly. The R&B singer — who split from Brown in 2009 after he was convicted of assaulting her — was relaxing the in St. Tropez last week when she heard Brown's rented yacht was on its way. "Rihanna knew Chris was on his way and actually changed her plans late Friday night after calling Chris from the yacht's satellite phone," a source says. Brown's boat was later seen pulling up to a mooring alongside Rihanna's. "Rihanna went and partied hard with the guys on their yacht," the source says.

The Word

Stewart affair was not a one-time deal

THE WORD
Monica Weymouth
scene@metronews.ca

Kristen Stewart apologized for her "momentary indiscretion" with director Rupert Sanders, but it seems there is more to the story than the one-day fling that Us Weekly crashed last week.

According to Leopold Ross — the brother of Sanders' wife, Liberty Ross — the affair began last fall during the filming of Snow White and the Huntsman, which Sanders directed and Stewart starred in.

"(Liberty) made some sacrifices for something she thought was worth it, now she knows, right?" Leopold tells UK newspaper The People. "Doubt it was worth it but it's life. It might actually make things better in the long run. She wasn't that happy for a while, but our family is close, she'll be all right."

Pattinson, apparently, suspects Kristen is holding back.

"Rob wants to have a man-to-man chat with Rupert to find out exactly what happened between him and Kristen," a source tells RadarOnline. "Kristen has already betrayed his trust by cheating, so he can't be sure that she will tell him exactly what went on between her and Rupert. The director has a wife and family to save, so Rob feels like he has nothing left to lose and would be honest with him."

Rob, before you get what's shaping up to be a rough play-by-play, we encourage you to remember this: You are Robert Pattinson and are surrounded by Hollywood starlets with less than nothing to lose. Choose your chat wisely.

Cook over the line with Batman shooting quip

Dane Cook

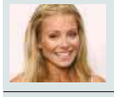
Dane Cook learned the hard way that a week is probably not enough time to wait before making light of a tragedy. The comedian has taken to Twitter to apologize for making a joke about the Aurora, Colo., movie theater shooting, during which 12 people were killed when a gunman opened fire at a Dark Knight Rises screening.

"So I heard that the guy came into the theater about 25 minutes into the movie. And I don't know if you've seen the movie, but the movie is pretty much a piece of crap," Cook said during his set at L.A.'s Laugh Factory, according to Daily Caller.

"I know that if none of that would have happened, pretty sure that somebody in that theater, about 25 minutes in, realizing it was a piece of crap, was probably like, 'Ugh, f—ing shoot me.'" News of the joke caused an immediate uproar, prompting Cook to post to Twitter, "I am devastated by the recent tragedy in Colorado and did not mean to make light of what happened. I made a bad judgment call with my material last night and regret making a joke at such a sensitive time."

Twitter

@Joan_Rivers
Fifty years ago, the Rolling Stones played their first gig! And 250 years ago, Mick Jagger and Keith Richards were born.



@KellyRipa
I could watch The Real Housewives Top 20 Reunion Moments everyday for the rest of my life.

@rickygervais
Freedom of speech is a right. Being listened to, being taken seriously or being respected for what you say, is not. Get over it.

@SethMacFarlane
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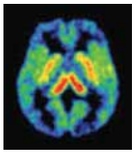

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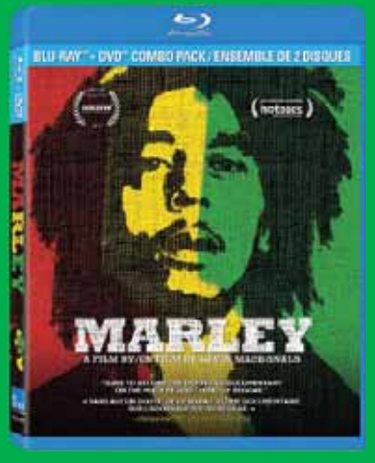

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LIFE 3

Oh no, my child bullied...

Opinion ...another child with special needs, unknowingly. What would you do?

LINDSAY CROSS
mommyish.com

One mom's daughter bullied someone with special needs / THINKSTOCK

My daughter is not a mean-spirited child. I realize that every parent who has ever existed believes this and I don't care. My little girl is a sweet child.

That being said, she's also a kid and there are things that she doesn't understand or hasn't been exposed to yet. And the first time that she encounters something new, there's the possibility that her strong voice or curious nature can lead to difficult circumstances. This was one of those times.

Brenna has attended the same daycare since she was a month old. Her provider normally has about six or eight children at a time of varying ages. And one family that my daughter has grown up with has a daughter with special needs.

I'm not exactly sure what Sarah's specific medical diagnosis is (I've changed her name here). I know that she has physical limitations and wears a back brace.

She's in late elementary school but has the comprehension and speech of a toddler. Sarah is normally a sweet child who has a tendency to invade personal space and misunderstand her own strength, but generally just wants to make people happy.

In the beginning, my daughter simply didn't understand that Sarah was different from other kids. When they were younger, it didn't matter.

Quote

"In the beginning, my daugher simply didn't understand that Sarah was different from other kids. This year, however, she became old enough to question the situation."

This year, however, my daughter finally became old enough to start questioning the situation.

One day, while the kids were playing, my inquisitive girl started asking why Sarah wore a diaper, eventually saying: "You're too big for a diaper. Babies wear diapers, Sarah. You can't wear a diaper unless you're a baby."

Sarah's feelings were understandably hurt. She started crying. Brenna remained confused.

It's hard for children to understand the effect their words can have.

At home, we had a long talk about special needs and disabilities. But about a week later, she asked why Sarah "looked funny" when she ran. She asked why she played with baby toys.

My teacher mother advised me to explain that "everyone has special needs. Some are things that doctors and teachers can help us fix, and some things they can't."

I got ready for our next talk, armed with a new more explanatory strategy. I tried to keep my voice calm, so that I didn't sound angry or condemning. She got impatient with all of the explaining I was doing. She suggested that we just draw her a card to say, "I'm sorry," and call it a day halfway through my planned lecture. I compromised by helping with the card but continuing the conversation as we coloured.

The good news is that my daughter hasn't had problems in a week. We'll have lots more talks about bullying with my daughter. It's a subject that no parent can afford to ignore.

But I have to admit, I never guessed that our first talk would cast my daughter as the aggressor.

Fifty Shades sex has some expecting

Will little Sophia and Jacob morph into baby Christian and Anastasia about nine months from now?

While it's impossible to declare a Fifty Shades of Grey baby boomlet, some moms and moms-to-be attribute their pregnancies to sex inspired by the erotic trilogy that went mainstream early this year.

One night on vacation in Florida was all it took for Betsy Bailey, a labour and delivery nurse, no less, in suburban Chicago. She's expecting baby number six, conceived soon after reading the steamy bondage love story.

"It was like one night alone," she laughed. "We went out to dinner and, you know, a little wine, a little stone crab and a little Christian Grey."

Bailey's No. 6 is due Christmas Day, her 42nd birthday. She and her husband always knew they wanted a big family, but they thought big would be four kids.

"We picked up our fifth in Mexico. He was a vacation baby as well," she joked. "We call him the worm at the bottom of the tequila bottle."

Christian and Ana aren't on her name list, though her great-grandmother's maiden name, Gray, had been a possibility — until now. "Now I don't think I could do it," Bailey said.

Brittany Woodard, 21, in Norfolk, Va., has a six-month-old son, Greyson, whose name has absolutely nothing to do with the books Woodard read while her military husband was away for four months.

New to the spicy genre, the stay-at-home mom wasn't trying for another baby so soon, but she was ready with "new ideas" in the boudoir department when her husband got home. She's due in February.

At BabyCenter.com, a large online community of moms and expectant moms, nearly 150 women have posted that their pregnancies are directly related to more baby-making activity inspired by the best-selling books that have sold 31 million copies in all formats.

THE ASSOCIATED PRESS

On the Web

New report shows girls more likely to be bullied in school and online

The quintessential summer side dish gets fully loaded

No outdoor summertime feast is complete without some version of potato salad. In this recipe, it is flavoured with chili power, Dijon mustard, bacon and Monterey Jack cheese.

This recipe serves 10. THE CANADIAN PRESS H/O

Ingredients

- 1 kg (2 lb) Yukon Gold potatoes, peeled and cut into medium chunks
- 50 ml (1/4 cup) mayonnaise
- 250 ml (1 cup) sour cream
- 15 ml (1 tbsp) Dijon mustard
- 5 ml (1 tsp) chili powder, plus more for garnish
- 5 slices bacon, cooked and crumbled
- 125 ml (1/2 cup) finely diced red pepper
- 125 ml (1/2 cup) finely chopped green onions, divided
- 50 ml (1/4 cup) plus 5 ml (1 tbsp) Monterey Jack cheese, divided

1. In a large pot filled with cold water, place diced potatoes. Bring water to a boil and cook potatoes until tender when pierced with a fork, 18 to 20 minutes. Drain and cool.

2. Meanwhile, in a large bowl, combine mayonnaise, sour cream, mustard and chili powder. Add cooled potatoes and gently toss. Add bacon, red pepper, 50 ml (1/4 cup) of the green onions and 50 ml (1/4 cup) cheese and gently toss again.

3. Cover and chill until cold, about 20 minutes.

4. Garnish with remaining green onions, cheese and a sprinkle of chili powder.

THE CANADIAN PRESS/ SOBEYS, INSPIRED.CA

Healthy eating

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Although you may associate chicken with being healthier than beef, you also have to consider the cooking method.

Harvey's Crispy Chicken Burger

724 calories / 39 g fat (5 g saturated) / 2,098 mg sodium
Chicken is lower in fat and calories than beef but not when it's deep fried. Add light mayo and bacon and you have half your calories and fat for the day.

Equivalent

A Crispy Chicken Burger from Harvey's with light mayo, spicy mesquite sauce, bacon, pickles, lettuce, tomatoes and onions on a bun is equivalent to eight tablespoon of butter in calories.

Harvey's Original Cheeseburger

504 calories / 23 g fat (11 g saturated) / 1,428 mg sodium
A better option is a cheeseburger with non-fat condiments like ketchup and mustard, with pickles, lettuce, tomatoes and onion.

Buffalo Chicken Potato Salad. Add meat to the perfect picnic partner

Ingredients

- 1 lb red potatoes, cut into bite-size pieces
- 700 ml (3 cups) cooked chicken, cut into bite-size pieces (about 3 cups)
- 230 ml (1 cup) peeled and chopped cucumber
- 120 ml (1/2 cup) Hellmann's Real Mayonnaise
- 120 ml (1/2 cup) each chopped red onion and celery
- 35 ml (2 1/2 tbsp) cayenne pepper sauce
- 30 ml (2 tbsp) crumbled blue cheese

For this recipe, visit your favourite farmer's market to find the seasonal potatoes, red onions and cucumber.

1. Cover potatoes with water in a three-litre saucepan. Bring to a boil over high heat. Reduce heat to medium-low and cook until potatoes are tender, about 10 minutes. Drain and cool.

2. Toss potatoes with remaining ingredients in serving bowl. Sprinkle with blue cheese. Serve chilled or at room temperature and, if desired, on a bed of lettuce, garnished with celery leaves.

NEWS CANADA/ HELLMANNS.CA

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Learning how to 'like' social media

Face the Book. Lisa Larter is helping the world get familiar with the web

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Lisa Larter calls herself The Accidental Expert.

"One day the 'F' word showed up on my Blackberry and I thought 'Oh God, now I'm going to have to learn Facebook.' I thought it was just for kids and cheating spouses."

As she began to navigate her way through the emerging world of social media she knew she was onto something.

Larter went to a networking luncheon and was astonished when someone told her she would pay if Lisa showed her how Facebook and Twitter worked. After introducing a beginner's course, ten people signed up immediately. Four years later Larter's consulting business has multiple six figure sales, her retail phone store is doing over one million a year and she owns three houses. The key to Larter's success? Keeping her eyes open for new opportunities and then going for it.

"There has never been better time to be in business because we've never been able to access people like we can today. Act in spite of your fear because when you push through it, there's magic on the other side."

Lisa Larter, founder and CEO of The Lisa Larter Group. PROVIDED

Moola motto

Lisa Larter's C.A.S.H. Model

- **C. Courage:** Take a risk and take action or your idea will always be a dream
- **A. Aptitude:** Invest in yourself because you need the right skills and tools to be successful
- **S. Self-confidence:** Confidence comes from courage and gaining the aptitude you need to become successful.
- **H. Habits:** You need strong habits for your business to grow. Systems, routines and getting things done make a tremendous difference in the results you accomplish.

For more info go to: lisalarter.com

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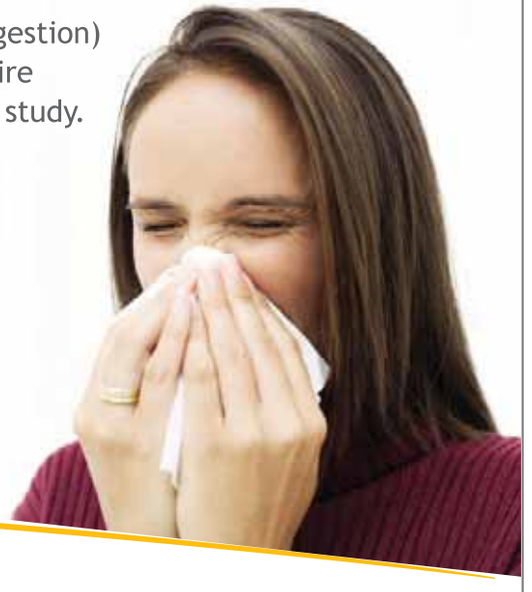

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Myths of men and women

He said, she said.

How to overcome gender stereotypes in the office

JULIA WEST
Metro World News

Don't give stereotypes a reason to survive. ISTOCK

Gender stereotypes can be a severe hindrance to your work. They can also distract from serious issues and affect a person's comfort level. "Women who unwittingly adhere to gender stereotypes are less likely to be taken seriously for their abilities and contributions," explains Lahle Wolfe, About.com's Guide to Women in Business. It's time to stop stereotypes in their tracks and move forward.

Where to begin? "Be excellent," insists Brenda Fiala, Strategy SVP at Blast Radius. "Set for yourself an expectation of delivering excellent work, and strive to do it positively and consistently," she says.

When you're a good employee it gets noticed, regardless of sex. "Your role," explains Wolfe, "is to contribute to the success of the business. If you are not doing that first, you will be hard-pressed to blame gender discrimination."

Many professionals stress the importance of an appropriate wardrobe. If you want to be seen as a vital contributor to the company, you'd better look the part. "Dress professionally, not for going out," says Fiala. "Professional attire that you are comfortable in builds confidence." This doesn't mean dress like a man — it means keep it clean.

"To break a stereotype you have to live outside it first," says Wolfe. Observe and understand what stereotypes you may be falling into and make them a thing of the past.

Say no to silliness

If there's a stereotype that you find offensive or degrading, simply don't perpetuate it.

- Someone says that women are gossipy? "Do not engage in gossip, no matter how tempting." This advice comes from the authors of Mean Girls at Work: How to Stay Professional When Things Get Personal, Katherine Crowley and Kathi Elster.
- Or maybe you know someone who insists that female bosses are moody or rash. "You can be a strong leader by laying out expectations clearly and giving direct feedback," write Crowley and Elster.

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SPORTS 4

Piercy learns to love golf course on his way to title

Golf. American wins Canadian Open by one shot at course that demanded 'boring golf'

As it turns out, there is nothing boring about a victory at golf's third-oldest championship.

Or a cheque for $936,000 US.

Or a trip to the Masters.

Scott Piercy learned to love Hamilton Golf and Country Club in Ancaster, Ont., just a little bit more Sunday while pulling off a comeback victory at the RBC Canadian Open. The man who entered the weekend bemoaning the "boring golf" he was forced to play on a classic layout ended up being all smiles when the trophy was presented.

"At the end of the week if the score is good, it is exciting," said Piercy. "So I'm pretty excited."

The Las Vegas native closed with a 3-under 67 to edge William McGirt (69) and Robert Garrigus (70) by a shot.

Those men spent the final day locked in a see-saw battle and each of them found their name atop the leaderboard at one point.

Piercy's winning score of 17-under 263 matched the tournament scoring record established by Johnny Palmer at Winnipeg's St. Charles Country Club in 1952.

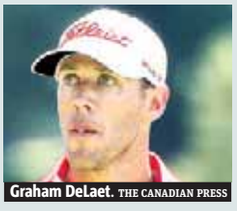
THE CANADIAN PRESS

Home-grown talent

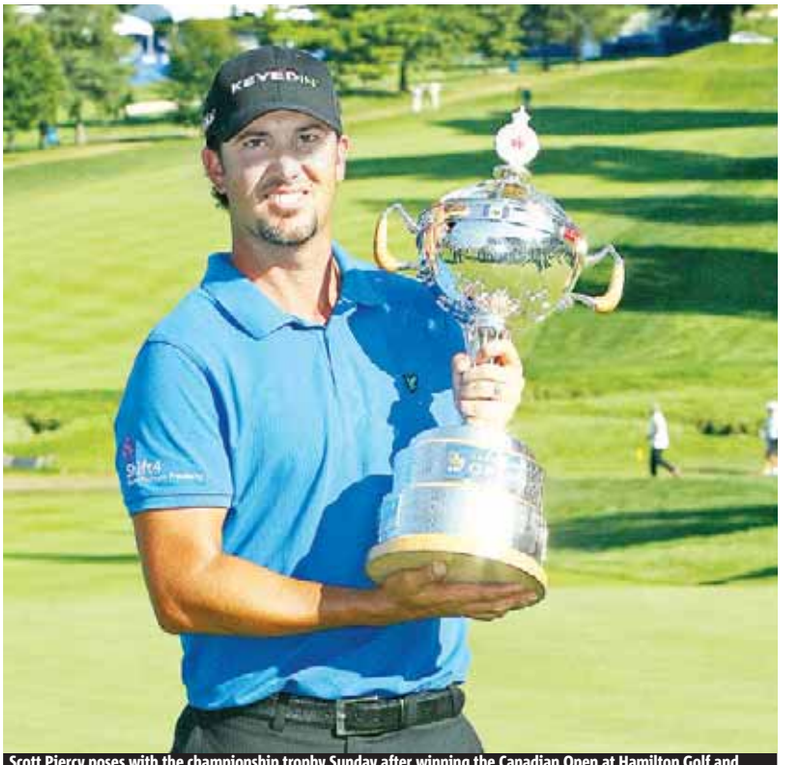
DeLaet top Canadian

Graham DeLaet's final round at the RBC Canadian Open was over before the leaders even teed off, but he didn't go home empty-handed from his national championship.

The golfer from Weyburn, Sask., closed with an even-par 70 at Hamilton Golf and Country Club on Sunday to claim the Rivermead Cup as low Canadian at the event.



Graham DeLaet. THE CANADIAN PRESS



Scott Piercy poses with the championship trophy Sunday after winning the Canadian Open at Hamilton Golf and Country Club in Ancaster, Ont. HUNTER MARTIN/GETTY IMAGES

Long ball ruins solid outing from Cecil

Anthony Gose steals second as Omar Infante receives the ball in the fifth inning Sunday in Toronto. AARON VINCENT ELKAIM/THE CANADIAN PRESS

Home runs continue to be a problem for Toronto Blue Jays left-hander Brett Cecil.

This time it was a three-run shot by Jhonny Peralta in the second inning Sunday as the Detroit Tigers defeated the Blue Jays 4-1 to avoid a three-game sweep.

Peralta also hit a solo homer against reliever Joel Carreno in the ninth to back Doug Fister's eight strong innings.

Cecil (2-4) has allowed nine home runs in his eight starts since returning from the minors and Peralta's sabotaged a decent outing in which he allowed four hits, three walks and three runs while striking out seven in 6 2/3 innings.

"I'm not going to change anything," Cecil said. "I don't care how they get the runs. It doesn't matter as long as I keep my team in it."

The victory snapped Detroit's three-game losing slide, with the last two coming in Toronto, and ended the Blue Jays' three-game winning streak.

"I thought Brett did his job keeping us in the game, particularly after the three-run homer in the second. He settled down," Toronto manager John Farrell said. "I think overall in the series we pitched very well."

THE CANADIAN PRESS

Important trip

The Blue Jays finished a six-game homestand at 3-3 and now travel to Seattle, Oakland and Tampa Bay for 10 games that might go a long way toward deciding whether they will remain a contender for a wild-card spot in the American League.

Mobile sports

Nobody expected Andrew Luck to be perfect on Day 1. He wasn't. The former Stanford star, drafted first overall, threw two interceptions, one off a tipped ball. But Luck drew praise from his new coach, his new team owner and the usually reserved Tony Dungy after his first full-speed workout with the Colts. He completed 27 of 32 attempts, making it look easy too. Scan the code for the story.

Golf

Couples wins Senior Open

Fred Couples won the Senior British Open by two strokes over Gary Hallberg on Sunday after shooting a 3-under 67 in the final round. The 1992 Masters champ sank a 25-foot birdie putt on the last hole to hang on.

THE ASSOCIATED PRESS

Fred Couples GETTY IMAGES

Formula 1

Hamilton rules race in Hungary

Lewis Hamilton won the Hungarian Grand Prix on Sunday, prolonging McLaren's dominance on the slow and winding Hungaroring circuit.

It was McLaren's sixth win there in eight years and Hamilton's second this season. THE ASSOCIATED PRESS

NASCAR

Johnson makes it 4 at the brickyard

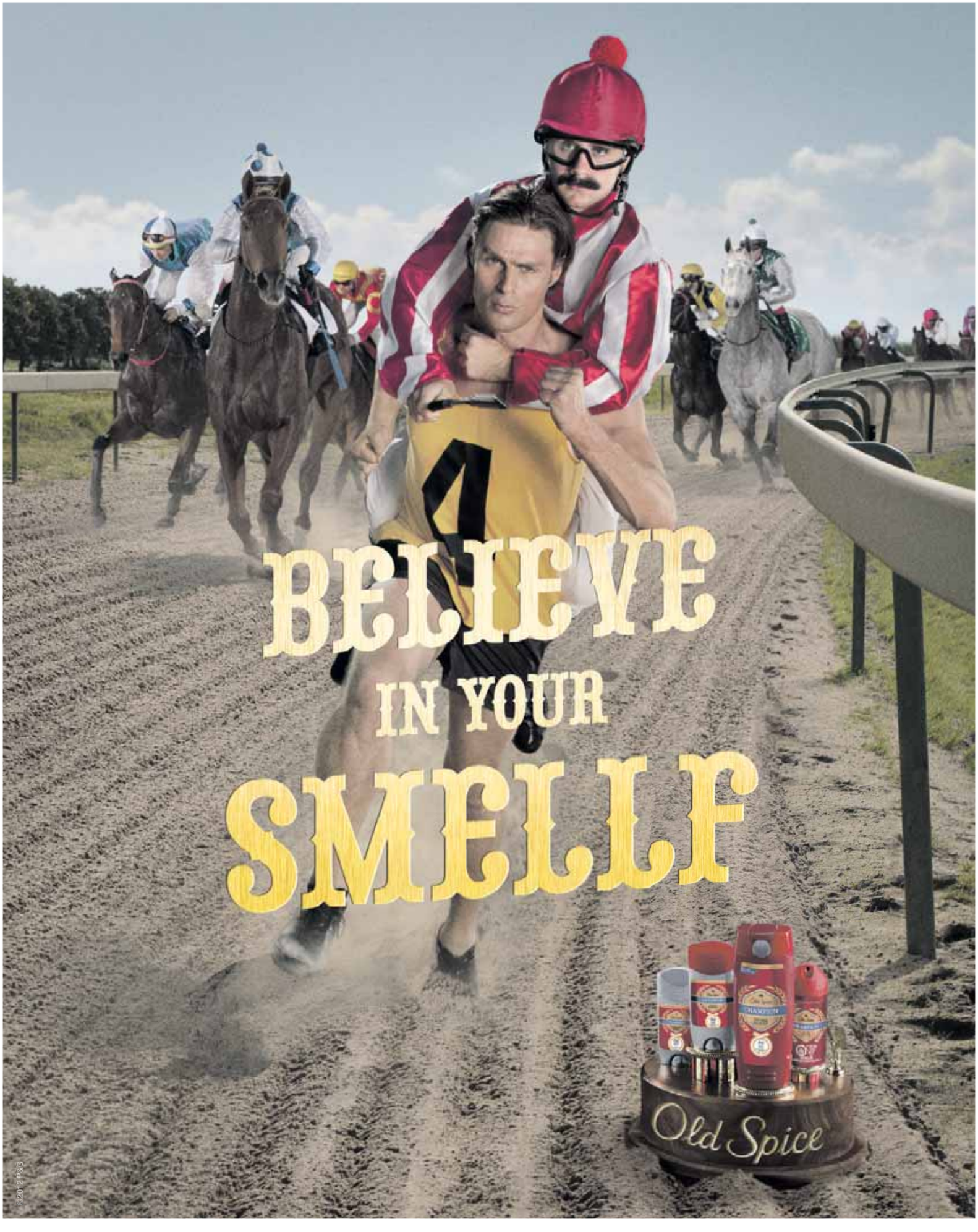
Jimmie Johnson stamped another exclamation point on his racing resumé, winning his fourth career Brickyard 400 with a dominant drive at the historic 4-kilometre Indianapolis Motor Speedway on Sunday.

THE ASSOCIATED PRESS

MLB

"We understand this is our year. There's no excuses."

Los Angeles Dodgers ace Clayton Kershaw, who pitched a five-hitter for his second shutout of the season as the Dodgers beat San Francisco 4-0 on Sunday to complete a three-game sweep of the division-leading Giants.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Diving pair get Canada on the board

Emilie Heymans, front, and Jennifer Abel compete in the three-metre springboard final on Sunday. MICHAEL SOHN/THE ASSOCIATED PRESS

Synchronized diving. Heymans' medal haul reaches historic proportions after bronze win with partner Abel

Her career was forged over more than two decades of training, of six-hour sessions, of 80 dives a day, five days a week.

If Emilie Heymans decides to retire after the London Olympics, she's going out in fitting fashion.

The St. Lambert, Que., diver captured Canada's first medal of the Games with partner Jennifer Abel on Sunday, launching herself into the history books in the process.

The Canadians won bronze in the three-metre synchronized event, a result that makes Heymans the first female diver and first Canadian summer Olympian to reach the podium in four consecutive Olympic Games.

"I couldn't have ever imagined diving in four Games, or being in this position at 30," Heymans said.

Heymans won silver in the 10-metre synchro in 2000, bronze in the same event in Athens in 2004, and a silver in the 10-metre individual event four years ago in Beijing.

Heymans and Abel had silver in their sights Sunday, sitting in second place behind Chinese world champions Minxia Wu and He Zi after the first dive. But they were jostled by television cameras when they were practising on the pool deck before their second dive — a moment Heymans said burst their bubble of focus.

They were noticeably out of sync on the board in Dive 2 — a forward dive in pike position, normally an easy feat for the duo — and fell to fifth place.

"I think both of us, in our head it was like: 'What's going on, what's going on?'" Heymans said. "But after we were able to calm down and come back to the competition and we know it's never over until the last dive."

Heymans and Abel, a 20-year-old from Laval, Que., battled back to win bronze with 316.80 points. Wu and Zi of China led from start to finish to take the gold with an overall score of 346.20. Americans Kelci Bryant and Abigail Johnston captured silver with 321.90.

Heymans, who is also competing in the individual three-metre springboard event in London, will decide her future following the Games.

She said she might dive one more year. It won't be an easy decision for a woman who has trained at least 20 hours a week since she was seven.

"Actually sport is my entire life, it's what I've been doing since I was six years old. I think I'm going to carry this baggage for the rest of my life," she said, meaning it in a good way.

A child of sporting parents — dad Eric played soccer in Belgium, and mom Marie-Paule Van Eyck competed in Montreal's 1976 Olympics as a member of the Belgian fencing team — the diver was originally a gymnast who was told by coaches she was too tall for that sport.

Her parents encouraged her to try diving.

"At first I didn't want to try. I didn't even want to go to the pool because I loved gymnastics, so I didn't want to quit and I hate being wet, I hate being in the water and I'm always cold," she said.

THE CANADIAN PRESS

Breaking through

A medal on Day 2 of full day of competition is good news for a Canadian team aiming for a top-12 finish overall, and takes some pressure off the rest of the squad.

- Canada went seven days without a medal in Beijing before the men's rowing pair and wrestler Carol Huynh ended the drought on Day 8 with silver and gold, respectively. Wrestler Tonya Verbeek also added a bronze that day.
- In 2004, Heymans and partner Blythe Hartley's bronze was the lone medal in the opening seven days.

Twitter response

"Big congrats to @jennabel91 & @eheymans, first medal for Canada, and Em's career 4th!! #GoCanada."

Canadian kayaker Adam van Koeverden (@vankayak), himself a three-time Olympic medallist who will be looking to get to the podium again in London

"Congrats @JennAbel91 & @eheymans on picking up Canada's first medal. Great job! #GoTeamCanada."

Tennis player Milos Raonic (@milosraonic), who had his first-round match rained out on Sunday, but that didn't stop him from recognizing the accomplishment

"Big congratulations to @JennAbel91 and @eheymans on winning Canada's 1st medal. With Emilie winning 4th medal in 4th Olympics!"

Jennifer Heil (@JennHeil), two-time Olympic medallist in moguls skiing

Van Beilen bounced from 100m final in swim-off

Another day, another drama for Canada's swim team at the Olympic Games.

Tera Van Beilen of Oakville, Ont., made her Olympic debut in the 100-metre breaststroke Sunday, and had to compete in one more race than she'd expected.

The 19-year-old had a swim-off against Alia Atkinson of Jamaica late in the evening, when the Aquatic Centre stands had largely emptied, to determine who would claim the eighth spot in Monday's final.

The two women had identical times and finished tied for eighth in the semifinal, requiring a rare head-to-head almost two hours later to solve the deadlock. Atkinson prevailed, dropping Van Beilen to ninth and one spot out of the final in her third race of the day.

"It was mentally hard coming off a race and knowing you had to do it again," Van Beilen said. "I feel blessed for the opportunity to have swum again.

Canada's Tera Van Beilen reacts to Sunday's loss. THE CANADIAN PRESS

It wasn't how I would have liked it to turn out. I gave it everything I had."

It was the second strange turn of events for Canada in as many days. Ryan Cochrane thought he would race in the men's 400 freestyle final Saturday, but a disqualification of world and Olympic champion Park Tae-hwan in the heats was reversed.

Quoted

"I tried to get my head in the right place. It was a hard turnaround."

Tera Van Beilen on Sunday's swim-off

That bumped the Victoria swimmer from the final eight and out of the running for a medal. Cochrane will get another chance in Saturday's 1,500-metre freestyle, which is a distance he won Olympic bronze in four years ago.

Canada emerged from the opening weekend of swim competition still looking for a medal. Their goal is three medals and swimmers in 13 to 15 finals.

Toronto's Brittany MacLean was the first to make a final Sunday. The 18-year-old was seventh in the women's 400-metre freestyle, a promising result for a teenager in her first Olympics. THE CANADIAN PRESS

Boxing

Nova Scotia's Clayton makes statement vs. Mexico's Molina

Custio Clayton notched Canada's first Olympic boxing win in eight years on Sunday, earning a 12-8 decision over Mexico's Oscar Molina.

Clayton avenged a loss at the 2010 Pan-American championships to Molina, the brother of 2008 U.S. Olympian Javier Molina.

"I think I did amazing," said the Dartmouth, N.S., native.

"All the hard work has paid off."

THE ASSOCIATED PRESS

Custio Clayton, right, fights Oscar Molina on Sunday. GETTY IMAGES

Beach volleyball. Canada falls to Britain in opener

Annie Martin of Sherbrooke, Que., and Marie-Andree Lessard of Ville LaSalle, Que., lost their opening preliminary-round match 17-21, 21-14, 15-13 to Britain's Zara Dampney and Shauna Mullin in women's beach volleyball Sunday.

After struggling in the second set, Martin and Lessard appeared to have regained their first-set touch, gaining and 8-5 lead in the third. But the British pair scored six of the next seven points and didn't relinquish the lead again.

"It's unfortunate the match didn't go our way," Martin said. "It was a good match, we had our moments but we made more errors than usual."

On the winning point, Martin's block on a Dampney smash went wide, sending the 15,000 pro-British crowd into a frenzy.

Martin and Lessard enjoyed a great start to the match and built a lead as high as six points midway through the first set.

But it was the complete reverse in the second set, where Dampney and Mullin led from the start.

THE CANADIAN PRESS

Marie-Andree Lessard of Canada reaches for a ball against Great Britain in London on Sunday. DAVE MARTIN/THE ASSOCIATED PRESS

Dutch rider Vos pedals to slick victory

Marianne Vos of the Netherlands breaks away from the pack during the women's road race in London on Sunday.
Vos, the 25-year-old powerhouse and former world champion, made a daring move past Russia's Olga Zabelinskaya over rain-slicked roads to emerge from the three-rider breakaway on the straightaway from Buckingham Palace and win the gold medal. STEFANO RELLANDINI/IOPP POOL/GETTY IMAGES

French get payback in relay win over U.S.

Swimming. Agnel chases down American star Lochte in final leg to steal gold medal

Ryan Lochte grabbed at the edge of the pool, head down, staring at the water. Michael Phelps glared at the scoreboard, trying to digest the first silver medal of his Olympic career.

Right beside them, the French celebrated.

It was just like 2008 but with the roles reversed.

This time, it was France chasing down the United States — and Lochte, no less — to win another riveting relay at the Olympics.

"We got our revenge," French swimmer Clement Lefert said.

With Phelps looking much stronger than he did the night before, the Americans built a commanding lead over the first three legs of the 4x100-metre freestyle relay Sunday and never really had to worry about the defending world champions from Australia.

When Lochte dove into the water on the anchor leg, he was a half-body length ahead of the field and looking to add another gold to his dominating victory Saturday in the 400 individual medley.

Not so fast.

Or, should we say, not fast enough.

Yannick Agnel, playing the chaser role, sliced through the water and was right on Lochte's shoulder as they made the flip at the far end of the pool. With about 25 metres to go, they were stroke for stroke. But Lochte, who had already competed in 1,200 metres of racing over the first two days, simply didn't have enough left to hold off the towering, 20-year-old Frenchman, one of the sport's real rising stars.

"I gave everything in the last 50 until he cracked," Agnel said. "In the last 10 metres, I saw that he was really cracking."

Agnel touched in three minutes, 9.93 seconds, having gone exactly one second faster than Lochte over the last two laps.

Lochte and the Americans dropped to silver in 3:10.38, while Australia — the favourite — didn't even get a medal. Russia took the bronze in 3:11.41, edging the team from Down Under by 0.22.

Phelps settled for his 17th career medal and completed his collection of Olympic colours, adding a silver to his 14 golds and two bronzes. THE ASSOCIATED PRESS

Quoted

"I was just really excited and I think I over-swam the first 50 and it hurt me for the last 50."
U.S. swimmer Ryan Lochte, who won the 400-metre individual medley gold medal on Saturday.

French swimmers, from left, Clement Lefert, Amaury Leveaux and Fabien Gilo celebrate winning the men's 4x100-metre relay on Sunday. MARK J. TERRILL/THE ASSOCIATED PRESS

Cycling. Canadian women come up short in 'epic' rain-soaked road race

As Joelle Numainville entered the media zone after Saturday's rain-soaked Olympic women's road race, all she wanted was a towel and a chance to catch her breath.

Clara Hughes arrived seconds later, a dark smudge under her chin like she had been looking up a wet chimney. Her wish list included dry clothing and a chance to get the dirt out of her eye.

And yet after a 140-kilometre trek in miserable conditions, a smiling, shivering Hughes was effervescent.

"It was epic. It was awesome, though," said the six-time Olympian, who placed 32nd on the day.

"There were so many people on the course. We were wondering if people would come out and watch the women's race, it was amazing. I can't say enough about the support in the pouring rain."

Numainville, from Laval, Que., finished 12th despite crashing after losing control trying to avoid another fallen rider with 10 kilometres remaining.

"It was really slippery and it was really hard in the rain," said Numainville, who had to take several gulps of air before she could talk. "I felt like my tire was slipping on a couple of corners. I crashed, it's part of the game.

"It was so hard, but it was good racing."

Denise Ramsden of Yellowknife placed 27th.
THE CANADIAN PRESS

Quoted

"It was terrifying.... I mean, racing in the rain is not fun."
Winnipeg's Clara Hughes

U.S. forward Kevin Durant dunks on Sunday. GETTY IMAGES

Basketball. Durant the offensive catalyst as U.S. tops France in tournament opener

Kevin Durant finished with 22 points as the United States powered home after a sluggish start in a 98-71 win over France on Sunday on the opening day of the men's Olympic basketball tournament.

The U.S. team, loaded with NBA stars and a heavy favourite to defend its title, struggled early and was leading by only one point at the end of the first quarter.

Quoted

"That team is like a Gemini. They have two faces, a nightmare-nightmare."
French power forward Ronny Turiaf

A 30-15 second quarter was the beginning of the end for France, which is led by San Antonio Spurs guard Tony Parker and has five other NBA players, the most in any squad apart from the United States.

In the second half, the Americans produced enough alley-oop passes and dunks to draw oohs and aahs from the crowd and subdue the French.

"They're going to be very, very tough to beat," Parker said.
THE ASSOCIATED PRESS

Soccer

Loss to Honduras ends Spain's Olympic hopes early

Medal favourite Spain was eliminated from men's Olympic soccer Sunday in another 1-0 upset loss after Honduras forward Jerry Bengtson scored an early goal.

Spain had hoped to hold three major titles at once after winning the 2010 World Cup and 2012 European Championship.

Now, if Spain doesn't score in its final match against Morocco, it will finish without a goal, after losing 1-0 to Japan on Thursday.
THE ASSOCIATED PRESS

Spain's Juan Mata on Sunday.
THE ASSOCIATED PRESS

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Canada looks to bounce back from tough loss

Basketball. Women's team will have to deal with host Great Britain in its second match

The Canadian women's basketball team won't have the crowd on its side when it returns to the hardcourt at the Basketball Arena on Monday.

Canada will take on host Great Britain in Group B preliminary round play at the London Olympics. Both sides opened the competition with losses to podium contenders.

It was a particularly tough defeat for the Canadians, who dropped a 58-53 decision to powerhouse Russia after letting a 10-point lead slip away in the fourth quarter.

Canada is ranked 11th in the world, but is in a tough group with No. 6 Brazil, No. 8 France and Australia, which shares the No. 2 position with Russia.

"I honestly feel like we could upset any of them if we played well on the right day at the right time," said head coach Allison McNeill.

The top four teams in each group will advance to the knockout phase. Great Britain is ranked No. 49, but turned in a decent effort in its opener, dropping a respectable 74-58 decision to the Aussies.

Canada is making its first Olympic appearance in basketball in 12 years.

THE CANADIAN PRESS

Canadian guard Kim Smith, top, collides with Russian guard Becky Hammon on Saturday in London.

CHARLES KRUPA/THE ASSOCIATED PRESS

Hot hand

Kim Smith of Mission, B.C., led Canada with 20 points including five three-pointers in Saturday's loss to Russia.

Day 2 results

MEDAL STANDINGS

Country	G	S	B	Total
China	6	4	2	12
United States	3	5	3	11
Italy	2	3	2	7
South Korea	2	1	2	5
Japan	0	2	3	5
France	2	1	1	4
Russia	1	0	3	4
North Korea	2	0	1	3
Australia	1	1	1	3
Brazil	1	1	1	3
Hungary	1	1	1	3
Kazakhstan	2	0	0	2
Netherlands	1	1	0	2
Britain	0	1	1	2
Also				
Canada	**0**	**0**	**1**	**1**

BASKETBALL

MEN

Sunday's results
Brazil 75 Australia 71
Nigeria 60 Tunisia 56
Russia 95 Britain 75
Spain 97 China 8
United States 98 France 71
Argentina vs. Lithuania

WOMEN

Saturday's results
Russia 58 **Canada 53**
China 66 Czech Republic 57
Turkey 72 Angola 50
United States 81 Croatia 56
Monday's games — All Times Eastern
Croatia vs. China, 4 a.m.
Czech Republic vs. Turkey, 6:15 a.m.
France vs. Australia, 9:30 a.m.
Russia vs. Brazil, 11:45 a.m.
Britain vs. **Canada**, 3 p.m.
Angola vs. U.S., 5:15 p.m.

SATURDAY

RUSSIA 58, CANADA 53

CANADA (53)
K.Phillips 2-3 0-0 4, T.Gabriele 0-2 0-0 0, S.Thorburn 1-5 5-6 7, C.Pilypaitis 2-12 0-0 5, K.Smith 6-9 3-6 20, M.Ayim 1-4 2-2 4, A.Tatham 0-1 0-0 0, N.Achonwa 1-7 1-2 3, L.Murphy 1-3 0-0 3, T.Tatham 1-4 2-2 4, C.Aubry 1-1 0-0 3, Totals 16-51 13-18 53
RUSSIA (58)
O.Arteshina 1-6 0-0 2, E.Belyakova 0-1 2-2 2, N.Vodopyanova 1-4 1-2 3, M.Kuzina 0-0 0-0 0, A.Danilochkina 4-9 0-0 10, B.Hammon 6-18 2-2 14, I.Korstin 1-2 0-0 2, N.Vieru 4-8 1-1 9, I.Osipova 1-5 4-6 6, A.Petrakova 3-7 2-2 9, N.Zhedik 0-1 0-0 0, N.Grishaeva 0-0 1-4 1, Totals 21-61 13-19 58
Halftime—Canada 30, Russia 24. **3-Point goals**—Canada 8-19 (S.Thorburn 0-3, C.Pilypaitis 1-6, K.Smith 5-7, L.Murphy 1-2, C.Aubry 1-1) Russia 3-18 (O.Arteshina 0-3, E.Belyakova 0-1, A.Danilochkina 2-5, B.Hammon 0-5, A.Petrakova 1-3, N.Zhedik 0-1). **Fouled out**—Canada (K.Phillips) . **Rebounds**—Canada 33 (T.Tatham 5) Russia 44 (I.Osipova 12). **Assists**—Canada 15 (S.Thorburn 6) Russia 12 (A.Danilochkina 6). **Total Fouls**—Canada 23 Russia 21.

SOCCER

MEN

Sunday's results
Brazil 3 Belarus 1
Britain 3 United Arab Emirates 1
Egypt 1 New Zealand 1
Honduras 1 Spain 0
Japan 1 Morocco 0
Mexico 2 Gabon 0
Senegal 2 Uruguay 0
South Korea 2 Switzerland 1

WOMEN

Saturday's results
Brazil 1 New Zealand 0
Britain 3 Cameroon 0
Canada 3 South Africa 0
France 5 North Korea 0
Japan 0 Sweden 0
United States 3 Colombia 0

SATURDAY

CANADA 3, SOUTH AFRICA 0

At Coventry, England

	1	2	3
Canada			
South Africa	**0**	**0**	**0**

First Half
1. Canada, M.Tancredi, seventh minute
Second Half
2. Canada, C.Sinclair, 58
3. Canada, C.Sinclair, 86.
Yellow Cards — South Africa: P.Modise (53).
Referee — Christiana Pedersen, Norway.

WHAT CANADA DID

What Canada Did on Sunday at the 2012 Olympic Summer Games:

BOXING
Men's 69-kg class — Custio Clayton, Dartmouth, N.S. advanced to the second round with a 12-8 victory over Oscar Molina Casillas of Mexico.

CYCLING
Women's road race — Joelle Numainville of Laval, Que., placed 12th in three hours 35 minutes and 56 seconds — 27 seconds behind the winner; Denise Ramsden, Yellowknife was 27th (same time); and Clara Hughes, Glen Sutton, Que., 32nd (3:36:01).

DIVING
Women's three-metre synchronized springboard — Jennifer Abel, Laval, Que., and Emilie Heymans, St-Lambert, Que., won the bronze medal with a score of 316.80 points.

FENCING
Men's individual sabre — Philippe Beaudry, Montreal, lost his round-of-32 match to Dmitri Lapkes, Belarus, 15-10, 13:41.

GYMNASTICS
Women — Canada qualifies sixth place for team final with 167.696 points.

ROWING
Men's double sculls — Michael Braithwaite, Duncan, B.C., and Kevin Kowalyk, Winnipeg, placed third in their repechage race (6:30.74) and earned a semifinal berth.
Men's lightweight double sculls — Morgan Jarvis, Clearwater Bay, Ont., and Douglas Vandor, Dewittville, Que., placed third in their race (6:42.59) and will go to the repechage.
Women's eights — Canada (Ashley Brzozowicz, London, Ont.; Krista Guloien, Port Moody, B.C.; Janine Hanson, Winnipeg; Darcy Marquardt, Richmond, B.C.; Natalie Mastracci, Thorold, Ont.; Andreanne Morin, Quebec City; Lesley Thompson-Willie, London, Ont.; Rachelle Viinberg, Regina; Lauren Wilkinson, North Vancouver, B.C.) advanced to the semifinals after winning their qualifying heat (6:13.91).
Women's lightweight double sculls — Lindsay Jennerich and Patricia Obee, both Victoria, placed fifth in their race (7:10.89) and will have to go through the repechage.

SWIMMING
Men's 200 freestyle — Blake Worsley, Vancouver, won his qualifying heat (1:48.14), but his time was not enough to earn a berth in the semifinals.
Men's 4x100 freestyle relay — Canada (Brent Hayden, Mission, B.C.; Colin Russell, Toronto; Richard Hortness, Medicine Hat, Alta.; and Thomas Gossland, Vancouver) finished fifth in their heat (3:16.42) and 10th overall, did not advance.
Women's 100 backstroke — Julia Wilkinson, Stratford, Ont., was seventh overall in qualifying (59.94), placed fifth in the semifinal (59.91) and did not advance; Sinead Russell, Burlington, Ont., was 13th overall in qualifying (1:00.10), did not advance.
Women's 100 breaststroke — Jillian Tyler, Calgary (1:07.81) and Tera van Beilen of Oakville, Ont. (1:07.85) placed 15th and 16th respectively in qualifying to advance to the semifinals.
Women's 400 freestyle — Brittany Maclean, Toronto, placed second in her heat and sixth overall (4:05.06) to earn a semifinals berth; Savannah King, Toronto, was seventh in the race (4:10.93) and did not advance.

TENNIS
Men's singles — Vasek Pospisil, Vancouver, lost in the first round to fourth-seeded David Ferrer of Spain, 6-4, 6-4.

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2012 LCBO BREWMASTERS CUP

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	60	40	.600	—
Baltimore	53	49	.520	8
Tampa Bay	53	49	.520	8
Toronto	51	50	.505	9½
Boston	50	51	.495	10½

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	55	45	.550	—
Detroit	54	48	.529	2
Cleveland	50	52	.490	6
Minnesota	43	58	.426	12½
Kansas City	41	60	.406	14½

WEST DIVISION

	W	L	Pct	GB
Texas	58	41	.586	—
Oakland	55	46	.545	4
Los Angeles	55	47	.539	4½
Seattle	47	57	.452	13½

Sunday's results
Detroit 4, Toronto 1
Baltimore 6, Oakland 1
Minnesota 5, Cleveland 1
Tampa Bay 2, L.A. Angels 0
Seattle 7, Kansas City 6
Chicago White Sox at Texas
Boston at N.Y. Yankees
Saturday's results
Toronto 5, Detroit 1
Boston 8, N.Y. Yankees 6
Seattle 4, Kansas City 3
Oakland 6, Baltimore 1
Minnesota 12, Cleveland 5
Chicago White Sox 5, Texas 2
Tampa Bay 3, L.A. Angels 0
Monday's games
Baltimore (Mig.Gonzalez 2-2) at N.Y. Yankees (F.Garcia 4-4), 7:05 p.m.
L.A. Angels (E.Santana 4-10) at Texas (Oswalt 3-1), 7:05 p.m.
Detroit (Scherzer 10-5) at Boston (Buchholz 8-3), 7:10 p.m.
Chicago White Sox (Quintana 4-1) at Minnesota (De Vries 2-2), 8:10 p.m.
Tampa Bay (Price 14-4) at Oakland (Griffin 3-0), 10:05 p.m.
Toronto (R.Romero 8-7) at Seattle (Iwakuma 1-2), 10:10 p.m.
Tuesday's games
Baltimore at N.Y. Yankees, 7:05 p.m.
Detroit at Boston, 7:10 p.m.
L.A. Angels at Texas, 8:05 p.m.
Chicago White Sox at Minnesota, 8:10 p.m.
Cleveland at Kansas City, 8:10 p.m.
Tampa Bay at Oakland, 10:05 p.m.
Toronto at Seattle, 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	61	40	.604	—
Atlanta	57	44	.564	4
New York	49	53	.480	12½
Miami	47	54	.465	14
Philadelphia	45	57	.441	16½

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	61	40	.604	—
Pittsburgh	58	43	.574	3
St. Louis	54	48	.529	7½
Milwaukee	45	56	.446	16
Chicago	42	58	.420	18½
Houston	35	68	.340	27

WEST DIVISION

	W	L	Pct	GB
San Francisco	55	46	.545	—
Los Angeles	56	47	.544	—
Arizona	51	51	.500	4½
San Diego	43	60	.417	13
Colorado	37	63	.370	17½

Sunday's results
Miami 5, San Diego 4, 10 innings
Atlanta 6, Philadelphia 2
Houston 9, Pittsburgh 5
Washington 11, Milwaukee 10, 11 innings
Chicago Cubs 4, St. Louis 2, 10 innings
Cincinnati 7, Colorado 2
L.A. Dodgers 4, San Francisco 0
N.Y. Mets 5, Arizona 1
Saturday's results
Chicago Cubs 3, St. Louis 2
L.A. Dodgers 10, San Francisco 0
Pittsburgh 4, Houston 3
Atlanta 2, Philadelphia 1
Miami 4, San Diego 2
Washington 4, Milwaukee 1
Cincinnati 9, Colorado 7
Arizona 6, N.Y. Mets 3
Monday's games
Miami (Buehrle 9-9) at Atlanta (Hanson 11-5), 7:10 p.m.
San Diego (Volquez 6-7) at Cincinnati (Leake 4-6), 7:10 p.m.
Pittsburgh (Bedard 5-11) at Chicago Cubs (Germano 0-1), 8:05 p.m.
Houston (B.Norris 5-8) at Milwaukee (Estrada 0-4), 8:10 p.m.
Arizona (Cahill 8-9) at L.A. Dodgers (Harang 7-5), 10:10 p.m.
N.Y. Mets (Hefner 1-4) at San Francisco (Bumgarner 11-6), 10:15 p.m.
Tuesday's games
Philadelphia at Washington, 7:05 p.m.
Miami at Atlanta, 7:10 p.m.
San Diego at Cincinnati, 7:10 p.m.
Pittsburgh at Chicago Cubs, 8:05 p.m.
Houston at Milwaukee, 8:10 p.m.
St. Louis at Colorado, 8:40 p.m.
Arizona at L.A. Dodgers, 10:10 p.m.
N.Y. Mets at San Francisco, 10:15 p.m.

TIGERS 4, BLUE JAYS 1

Detroit	ab	r	h	bi	Toronto	ab	r	h	bi
AJcksn cf	2	0	1	0	RDavis dh	4	1	2	0
Infante 2b	4	0	1	0	Rasms cf	4	0	1	1
MiCarr 3b	3	0	0	0	Lawrie 3b	3	0	0	0
Fielder 1b	4	0	0	0	Encrnc 1b	4	0	1	0
DYong dh	3	1	0	0	Snider lf	4	0	0	0
Raburn lf	4	1	1	0	YEscor ss	3	0	1	0
JhPerlt ss	4	2	2	4	KJhnsn 2b	4	0	1	0
Boesch rf	3	0	0	0	Mathis c	4	0	0	0
D.Kelly rf	1	0	0	0	Gose rf	4	0	1	0
Laird c	3	0	0	0					
Totals	31	4	5	4	Totals	34	1	7	1

Detroit	030	000	001	4
Toronto	100	000	000	1

E—Laird (2). LOB—Detroit 4, Toronto 8. 2B—Raburn (14). HR—Jh.Peralta 2 (8). SB—R.Davis (28), Gose (2). CS—A.Jackson (4).

	IP	H	R	ER	BB	SO
Detroit						
Fister W,5-7	8	7	1	1	2	9
Valverde S,20-24	1	0	0	0	0	2
Toronto						
Cecil L,2-4	6 2-3	4	3	3	4	7
Carreno	2	1	1	1	0	1
E.Crawford	1-3	0	0	0	0	0

Umpires—Home, Scott Barry; First, Gary Darling; Second, Paul Emmel; Third, Jerry Meals.
T—2:33. A—35,975 (49,260).

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
New York	22	11	6	5	38	32	38
Kansas City	22	11	7	4	27	21	37
Houston	22	10	5	7	33	25	37
D.C. United	20	10	7	3	34	27	33
Chicago	21	9	7	5	23	23	32
Columbus	19	8	7	4	20	20	28
Montreal	24	8	13	3	33	43	27
New England	20	6	9	5	25	25	23
Philadelphia	18	6	10	2	20	21	20
Toronto	21	5	12	4	24	38	19

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
San Jose	23	13	5	5	46	28	44
Real Salt Lake	23	13	7	3	35	27	42
Seattle	21	9	5	7	27	22	34
Vancouver	23	9	7	7	26	28	34
Los Angeles	23	10	10	3	39	35	33
Chivas USA	20	7	8	5	14	21	26
Colorado	22	7	14	1	28	32	22
Dallas	23	5	11	7	25	31	22
Portland	21	5	12	4	19	36	19

Note: Three points for a win, one for a tie.
Sunday's result
New England at Philadelphia
Saturday's results
Montreal 3 New York 1
Houston 2 Toronto 0
Los Angeles 1 Dallas 0
Columbus 2 Kansas City 1
Seattle 2 Colorado 1
Chicago 1 San Jose 1
Chivas USA 1 Portland 0
Friday's result
Real Salt Lake 2 Vancouver 1
Friday, Aug. 3
New York at Houston, 8 p.m.
Saturday, Aug. 4
Columbus at D.C. United, 7:30 p.m.
Kansas City at New England, 7:30 p.m.
Philadelphia at Montreal, 7:30 p.m.
Toronto at Chicago, 8:30 p.m.
Real Salt Lake at Colorado, 9 p.m.
Sunday, Aug. 5
Dallas at Portland, 7 p.m.
Los Angeles at Seattle, 9 p.m.

CLS

FIRST DIVISION

	GP	W	L	T	GF	GA	Pt
TFC Academy	13	8	3	2	24	9	26
SC Toronto	12	7	1	4	28	8	25
Brantford	11	8	3	0	28	17	24
Toronto Croatia	11	7	1	3	29	8	24
York Region	13	5	1	7	16	11	22
Windsor	13	6	5	2	21	14	20
Montreal Academy	11	5	2	4	25	11	19
Brampton	11	5	3	3	33	16	18
Mississauga	13	5	6	2	23	26	17
Serbian Eagles	12	5	5	2	15	16	17
Waterloo	12	5	7	0	22	24	15
London	13	3	5	5	18	34	14
Niagara	11	4	6	1	12	17	13
Kingston	13	3	9	1	11	31	10
North York	13	1	11	1	9	42	4
St. Catharines	12	1	10	1	5	35	4

Note: Three points for a win, one for a tie.
Sundays results
Toronto Croatia at Brampton
Kingston at York Region
SC Waterloo at Brantford
Fridays results
Mississauga 2 St. Catharines 1
Windsor 2 TFC Academy 2
Niagara 0 London 1

TENNIS

ATP

BET-AT-HOME CUP
At Kitzbuehel, Austria
Final
Robin Haase (3), Netherlands, def. Philipp Kohlschreiber (1), Germany, 6-7 (2), 6-3, 6-2.

FARMERS CLASSIC
At Los Angeles
Singles
Championship
Sam Querrey (2), United States, def. Ricardas Berankis, Lithuania, 6-0, 6-2.
Doubles
Championship
Ruben Bemelmans and Xavier Malisse, Belgium, def. Jamie Delgado and Ken Skupski (3), Britain, 7-6 (5), 4-6, 10-7.

ATP-WTA CITI OPEN
At Washington
WOMEN
Singles
First Round
Eugenie Bouchard, Westmount, Que., def. Karin Knapp, Italy, 6-2, 7-6 (4).
Chang Kai-chen, Taiwan, def. Iveta Benesova (6), Czech Rep., 6-3, 6-2.
Michelle Larcher de Brito, Portugal, def. Mirjana Lucic, Croatia, 6-3, 3-6, 6-1.
Doubles
First Round
Lindsay Lee-Waters and Megan Moulton-Levy (3), U.S., def. Sesil Karatantcheva, Kazakhstan, and Erika Sema, Japan, 6-1, 6-3.
Anna Chakvetadze, Russia, and Sloane Stephens, U.S., def. Melinda Czink, Hungary, and Janette Husarova, Slovakia, 1-6, 6-4, 10-3 tiebreak.
Irina Falconi, U.S., and Chanelle Scheepers, South Africa, def. Stephanie Bengson, Australia, and Tammy Hendler, Belgium, 7-5, 6-3.

WTA

BAKU CUP
At Baku, Azerbaijan
Singles
Championship
Bojana Jovanovski (5), Serbia, def. Julia Cohen, United States, 6-3, 6-1.
Doubles
Championship
Irina Buryachok, Ukraine, and Valeria Solovieva (4), Russia, def. Eva Birnerova, Czech Republic, and Alberta Brianti (3), Italy, 6-3, 6-2.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Hamilton	5	3	2	0	162	167	6
Toronto	5	3	2	0	129	133	6
Montreal	5	2	3	0	128	162	4
Winnipeg	5	1	4	0	101	163	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Saskatchewan	5	3	2	0	155	113	6
B.C.	5	3	2	0	140	110	6
Edmonton	5	3	2	0	101	79	6
Calgary	5	2	3	0	155	154	4

WEEK FIVE
Saturday's results
B.C. 34 Calgary 8
Hamilton 35 Saskatchewan 34
Friday's result
Toronto 23 Montreal 20
Thursday's result
Winnipeg 23 Edmonton 22

GOLF

CANADIAN OPEN
At Ancaster, Ontario
Par 70
Final Round
a-denotes amateur

Scott Piercy, $936,000	62-67-67-67—263
Robert Garrigus, $457,600	64-66-64-70—264
William McGirt, $457,600	63-66-66-69—264
Josh Teater, $214,933	67-65-68-66—266
Bud Cauley, $214,933	70-63-67-66—266
Chris Kirk, $214,933	69-66-63-68—266
Vijay Singh, $162,067	65-67-69-67—268
Bo Van Pelt, $162,067	65-66-67-70—268
Scott Stallings, $162,067	69-66-63-70—268
Gary Christian, $119,600	71-68-65-66—270
Retief Goosen, $119,600	68-70-63-69—270
Nathan Green, $119,600	70-67-65-68—270
Kevin Kisner, $119,600	69-65-67-69—270
Troy Matteson, $119,600	65-68-69-68—270
Tim Clark, $85,800	70-62-72-67—271
Brian Davis, $85,800	69-68-65-69—271
J.B. Holmes, $85,800	68-68-64-71—271
Seung-Yul Noh, $85,800	72-66-68-65—271
Will Claxton, $54,716	70-66-68-68—272
Gavin Coles, $54,716	65-69-70-68—272
Martin Flores, $54,716	69-67-68-68—272
Tom Gillis, $54,716	70-65-73-64—272
Brian Harman, $54,716	74-63-71-64—272
Ken Duke, $54,716	70-65-67-70—272
Ryan Palmer, $54,716	69-67-64-72—272
Brendon Todd, $54,716	69-66-66-71—272
Cameron Tringale, $54,716	67-69-67-69—272
Thomas Aiken, $34,580	69-66-69-69—273
Stuart Appleby, $34,580	65-69-69-70—273
Arjun Atwal, $34,580	69-67-67-70—273
Brian Gay, $34,580	70-67-70-66—273
Jhonattan Vegas, $34,580	65-74-67-67—273
Jimmy Walker, $34,580	68-68-69-68—273
Scott Dunlap, $28,080	69-69-66-70—274
Matt Kuchar, $28,080	67-69-68-70—274
Brandt Snedeker, $28,080	70-67-71-66—274
J.J. Henry, $23,400	67-70-68-70—275
Bill Lunde, $23,400	66-70-67-72—275
Tom Pernice, Jr., $23,400	68-70-67-70—275
Chez Reavie, $23,400	68-70-72-65—275
Patrick Sheehan, $23,400	68-66-69-72—275
Miguel Angel Carballo, $17,680	68-71-72-65—276
Billy Horschel, $17,680	71-68-73-64—276
Ryo Ishikawa, $17,680	67-69-73-67—276
Garth Mulroy, $17,680	73-63-69-71—276
Charl Schwartzel, $17,680	65-74-69-68—276
Daniel Summerhays, $17,680	67-68-69-72—276
Ricky Barnes, $12,805	71-67-68-71—277
Michael Bradley, $12,805	69-68-70-70—277
John Daly, $12,805	69-69-73-66—277
Tommy Gainey, $12,805	69-65-69-74—277
Colt Knost, $12,805	71-67-71-68—277
Richard H. Lee, $12,805	70-67-70-70—277
Hunter Mahan, $12,805	70-69-72-66—277
Heath Slocum, $12,805	67-70-70-70—277
Graham DeLaet, $11,648	**69-69-70-70—278**
John Huh, $11,648	67-70-70-71—278
Russell Knox, $11,648	68-66-73-71—278
Greg Owen, $11,648	63-72-73-70—278
Ted Potter, Jr., $11,648	69-66-72-71—278
Patrick Cantlay, $10,868	69-70-74-66—279
Daniel Chopra, $10,868	72-65-68-74—279
Matt Every, $10,868	70-69-71-69—279
Trevor Immelman, $10,868	70-67-74-68—279
Jerry Kelly, $10,868	70-68-72-69—279
Jeff Overton, $10,868	71-68-71-69—279
Kyle Stanley, $10,868	71-68-71-69—279
Chris Stroud, $10,868	72-67-74-66—279
Michael Thompson, $10,868	68-70-73-68—279
Camilo Villegas, $10,868	69-64-73-73—279
David Hearn (1), $10,244	**68-68-72-72—280**
Jason Kokrak (1), $10,244	69-67-72-72—280
Kevin Streelman (1), $10,088	68-71-72-70—281
a-Albin Choi	**69-68-72-72—281**
Matt Hill, $9,932	**70-69-71-73—283**
Matt McQuillan, $9,932	**70-67-77-69—283**
Tim Herron, $9,724	70-68-73-73—284
Spencer Levin, $9,724	68-71-70-75—284
Harrison Frazar, $9,568	69-69-77-71—286

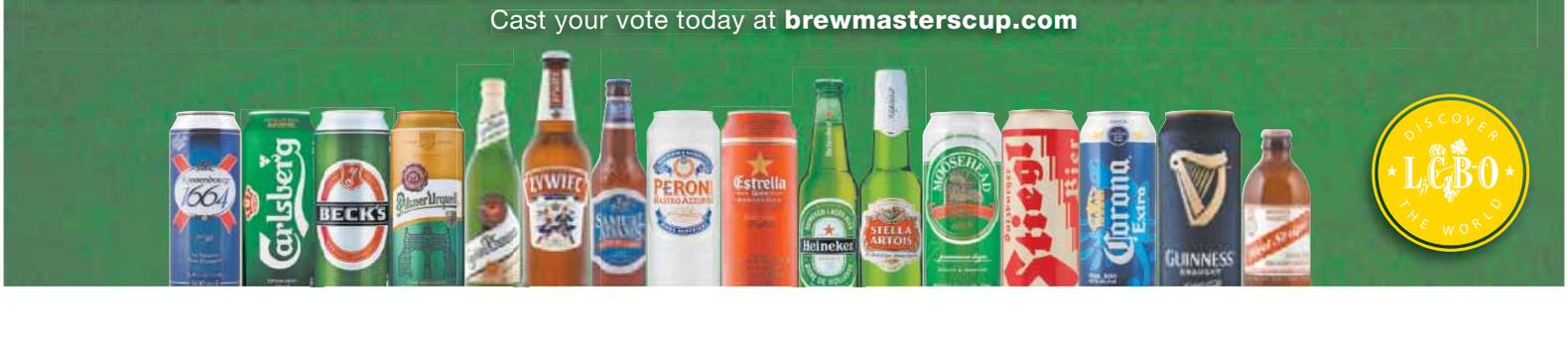
a — Amateur.

WEB.COM TOUR-CHILDREN'S HOSPITAL INVITATIONAL
At Columbus, Ohio
Par 71 (36-35)
Final round

Ben Kohles, $144,000	66-69-67-70—272
Luke Guthrie, $86,400	72-65-69-66—272
Casey Wittenberg, $46,400	68-67-70-68—273
Cliff Kresge, $46,400	69-71-64-69—273
Kevin Foley, $32,000	69-70-69-66—274
Aaron Watkins, $28,800	72-67-65-71—275
James Sacheck, $23,280	66-70-70-70—276
Nicholas Thompson, $23,280	69-66-71-70—276
Lee Williams, $23,280	71-69-66-70—276
Trevor Murphy, $23,280	63-68-73-72—276
Joseph Bramlett, $23,280	69-66-70-71—276
Cameron Percy, $17,600	69-70-70-68—277
Camilo Benedetti, $17,600	68-68-69-72—277
Fernando Mechereffe, $13,200	68-68-73-69—278
Scott Gutschewski, $13,200	72-68-69-69—278
Alex Prugh, $13,200	68-69-71-70—278
David Skinns, $13,200	70-71-67-70—278
Doug LaBelle II, $13,200	68-70-70-70—278
David Lingmerth, $13,200	71-68-68-71—278
Brice Garnett, $10,000	72-67-71-69—279
John Kimbell, $10,000	73-68-67-71—279
John Chin, $6,933	70-69-71-70—280
Luke List, $6,933	68-69-72-71—280
Robert Streb, $6,933	66-72-71-71—280
Philip Pettitt, Jr., $6,933	70-68-71-71—280
Andres Gonzales, $6,933	71-68-72-69—280
Shawn Stefani, $6,933	69-71-71-69—280
Steve Allan, $6,933	67-69-71-73—280
Michael Sim, $6,933	70-66-70-74—280
Paul Claxton, $6,933	72-69-72-67—280
Jason Allred, $5,200	70-71-68-72—281
Sam Saunders, $5,200	68-71-73-69—281
Glen Day, $4,560	71-67-72-72—282
Travis Hampshire, $4,560	71-70-69-72—282
Blayne Barber, $4,560	69-71-71-71—282
Michael Putnam, $4,560	67-69-75-71—282
Dawie van der Walt, $4,560	71-70-70-71—282
Fabian Gomez, $4,560	69-71-68-74—282

LPGA-EVIAN MASTERS
At Evian-les-Bains, France
Par: 72 (36-36)
Final Round

Inbee Park, $487,500	71-64-70-66—271
Karrie Webb, $258,309	70-69-67-67—273
Stacy Lewis, $258,309	63-69-73-68—273
Shanshan Feng, $151,632	68-72-68-66—274
Natalie Gulbis, $151,632	69-69-68-68—274
a-Hyo Joo Kim	69-68-69-68—274
Anna Nordqvist, $110,651	72-67-69-68—276
Se Ri Pak, $92,619	70-69-69-69—277
Beatriz Recari, $73,495	71-66-75-66—278
Ilhee Lee, $73,495	66-67-76-69—278
Paula Creamer, $73,495	68-67-73-70—278
Giulia Sergas, $55,775	71-72-69-67—279
Karine Icher, $55,775	70-72-68-69—279
Momoko Ueda, $55,775	69-72-69-69—279
Cristie Kerr, $55,775	71-69-67-72—279
Meena Lee, $42,949	69-69-72-70—280
Azahara Munoz, $42,949	70-68-72-70—280
Mika Miyazato, $42,949	67-69-73-71—280
Lindsey Wright, $42,949	71-70-68-71—280
Lee-Anne Pace, $42,949	69-71-68-72—280
Ai Miyazato, $36,392	71-70-70-70—281
Julieta Granada, $36,392	74-65-71-71—281
Hee Young Park, $36,392	65-72-71-73—281
Brittany Lang, $30,186	71-69-74-68—282
I.K. Kim, $30,186	69-73-71-69—282
Amy Yang, $30,186	72-68-73-69—282
Mirim Lee, $30,186	73-68-70-71—282
Hee Kyung Seo, $30,186	71-69-71-71—282
Carlota Ciganda, $30,186	73-69-66-74—282
Suzann Pettersen, $30,186	69-71-68-74—282
Chella Choi, $24,753	73-68-72-70—283
So Yeon Ryu, $24,753	73-65-72-73—283
Jiyai Shin, $24,753	69-69-71-74—283
Ha-Neul Kim, $22,293	70-71-73-70—284
Hee-Won Han, $22,293	72-69-69-74—284
Mariajo Uribe, $19,754	67-74-74-70—285
Katherine Hull, $19,754	71-70-72-72—285



Grapplers strong candidates for medals

Wrestling. Canadian women boast a pair of medal winners from Beijing four years ago

Canadian wrestlers often fly under the radar at the Olympics despite producing an abundance of medals over the years.

With 14 medals won, the sport has historically been the sixth most successful for Canada since 1900, behind track and field with 51 and swimming with 40. Rowing (35), canoeing (21) and boxing (17) follow.

Canada has won at least one medal in wrestling — six in total — in the last five Olympics beginning in 1992.

The team once again has plenty of medal potential with the women leading the way at the London Olympics.

Tonya Verbeek won a silver medal in Greece, followed by a bronze in Beijing four years ago. At 34, the Grimsby, Ont., native will attempt to complete a hat trick at the London Games in the 55-kilogram category.

Canadian men's squad

Hopes are more tempered on the men's side. Matt Gentry (74 kilograms), David Tremblay (55 kilograms), Haislan Garcia (66 kilograms) and Arjan Bhullar (120 kilograms) make up the men's squad.

Verbeek said she's using her age as a source of motivation.

"I feel that when I wrestle at my best I'm a hard match no matter what my age says beside my name," Verbeek said at a news conference this weekend.

"It keeps me on my toes and makes me know that I have to be ready for every match."

Carol Huynh of Hazelton, B.C., a gold medallist in Beijing, is back to defend her title in the 48-kilogram category.

"I feel physically strong, fit, fast as ever," said Huynh, 31. "I can't wait to compete."

Canadian women have dominated on the international stage lately, having won 11 medals in world championships since 2008.

THE CANADIAN PRESS

Tonya Verbeek, left, of Canada takes on China's Yang Chen during the 2012 Female Wrestling World Cup in May 27 in Tokyo. KIYOSHI OTA/GETTY IMAGES

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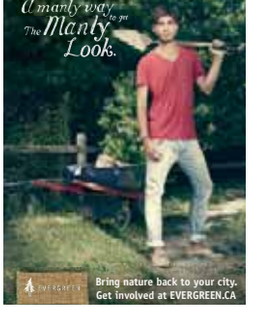

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Horoscopes

♈ Aries
March 21 - April 20
Take what you hear with a large pinch of salt today. Someone will almost certainly try to mislead you but they can only succeed if you let them. If in doubt, follow your instincts — they're not often wrong.

♉ Taurus
April 21 - May 21
Today's Sun-Pluto link means you will need to take care of something you should have taken care of a long time ago. You won't get a third bite of the cherry, so knuckle down and get it right.

♊ Gemini
May 22 - June 21
The cosmic trends have been good to you in recent months but don't start thinking you can do as you please and get away with it. Money matters, especially, will need to be dealt with cautiously this week.

♋ Cancer
June 22 - July 23
If there is something that is worrying you — and there undoubtedly is — you must share your fears with those you love and trust. You don't have to suffer in silence. You don't have to suffer at all.

♌ Leo
July 24 - Aug. 23
Do you really believe in something, or did you copy a friend's idea because it sounded good at the time? If it's the latter today's Sun-Pluto link will force you to face up to its inconsistencies.

♍ Virgo
Aug. 24 - Sept. 23
You may be tempted to break the rules to get ahead of a rival but the planets warn that's not a good idea. Even if it works in the short-term you will lose out in the long-term. It's all about trust.

♎ Libra
Sept. 24 - Oct. 23
The grass may look greener on the other side of the fence but you should know by now that looks can be deceptive. Wherever you are at the moment is where you are supposed to be.

♏ Scorpio
Oct. 24 - Nov. 22
A belief you have never questioned before will begin to worry you today. Could it be that it's incorrect? Could it be you have been looking at it from the wrong angle? Yes it could, so look again.

♐ Sagittarius
Nov. 23 - Dec. 21
A relationship is now at a turning point and by the time Thursday's full moon comes around you will have made a fateful decision. Will it be the right one? It's right for you and that's what matters.

♑ Capricorn
Dec. 22 - Jan. 20
Be nice to your rivals today. If nothing else it will confuse them and make them believe you have some dastardly plan up your sleeve. Confusion leads to mistakes; mistakes lead to opportunities.

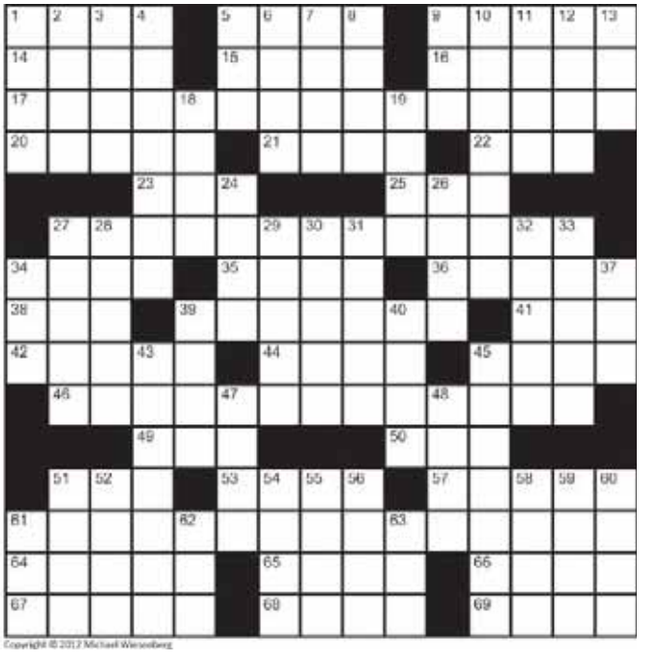
♒ Aquarius
Jan. 21 - Feb. 19
The approaching full moon is making you more touchy than usual and if you are observant you will notice that some people seem to be steering clear of you.

♓ Pisces
Feb. 20 - March 20
Your trust in someone has gone through the floor and you doubt you will ever get back to where you were before. Maybe you're right but time is always a healer and deep down you still have feelings for them.

SALLY BROMPTON

Crossword: Canadiana

BY MICHAEL WIESENBERG



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Across

1. Break suddenly
5. Canadiens, to fans
9. "My car got ___ tire, so I was late for work"
14. Animal den
15. Dip ___ in the water: test bath temperature
16. Belt's spot
17. They've won the Grey Cup 13 times
20. Garbage
21. Fiddler while Rome burned
22. Ump
23. Sixth sense
25. ___ Jones Average: stock indicator
27. BC, AB, and SK are here
34. Castle barrier
35. "Scat!"
36. Austin Powers player Mike
38. Encountered
39. Material for a film editor
41. Adversary
42. "___ to reach the operator": rotary phone instructions
44. "Good one!"
45. Fly high
46. Leader of the Conservative Party
49. NNW's opposite
50. Edmonton-born actress _____ Dawn Chong, daughter of Cheech's partner
51. Affirmative
53. Aching
57. Bites like a beaver
61. Scarborough, Ontario rockers with the hit "If I had $1,000,000"
64. Foreign
65. Bring in a harvest
66. Jug for washing
67. Actress Witherspoon
68. "___ for the poor!"
69. Knocks

Down

1. Wiped out: Biblical
2. Nothing: Sp.
3. Points a gun
4. Object formally
5. Chapeau
6. "Hit me like ___ of bricks"
7. Canine treat
8. Crystal ball gazer
9. "Yikes!"
10. "The short grass" on a golf course
11. Green citrus fruit
12. ___ this date: commencing on
13. Sporty Audis
18. Bird home
19. Canadians call it pop
24. Mexican coin
26. "This one's ___": "My turn to buy"
27. "Oh, ___ me!": "Alas!"
28. "___ Joe's": diner invitation
29. It joins the Saone River at Lyons
30. Away from home
31. Athletic advisor
32. *Robinson Crusoe* author Daniel
33. Let out ___: bellow lionlike
34. 2500 in Roman numerals
37. Reverend's Sunday speech: abbr.
39. Fancy dressers
40. Second or reverse on a car
43. Renters
45. Big ___: high roller
47. "___ real nowhere man" : Beatles lyric
48. Sitar music
51. New Haven, Connecticut campus
52. A Great Lake
54. Cajun stew ingredient
55. Film unit
56. Red-wrapped cheese
58. Stereo brand
59. Cry
60. Georgia and Belarus, once: abbr.
61. Tavern
62. SSW opposite
63. CD ancestors

Friday's crossword

What's online

See today's answers at metronews.ca/answers.

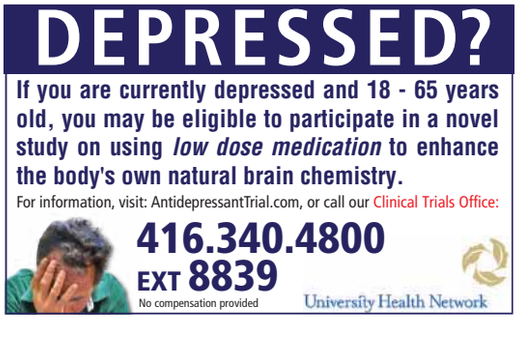
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku

8	2	1	4	3	7	6	5	9
6	4	5	2	9	8	1	3	7
9	7	3	5	1	6	2	8	4
7	1	4	3	5	2	9	6	8
2	3	9	8	6	1	4	7	5
5	8	6	9	7	4	3	2	1
4	9	8	7	2	3	5	1	6
3	6	7	1	4	5	8	9	2
1	5	2	6	8	9	7	4	3

	6						9	
	7	2	5		1	4	6	
9		8				3		7
			2	3	5			
				7				
			6	1	4			
2		4				5		1
	9	6	1		8	2	3	
	3						8	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